

Self Treatment: Pelvic Wand Program

Tools:

1. Pelvic release wand
2. Personal lubricant + towel
3. Comfortable environment

Wand Techniques:

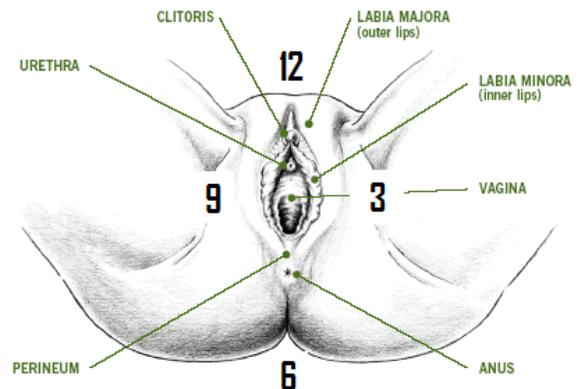
1. Stretch Technique — flat handle against tissue, use rounded edge, not pointed edge and don't bend at your wrist, this will intensify the sensation
2. Trigger Point Release with wand — pointed edge of handle into tissue, bend wrist
3. Begin with the superficial layer of pelvic floor tissues and progress to the intermediate and deep layers:
 - superficial layer depth: approx 1/2 inch
 - intermediate layer depth: approx 1 1/2 - 2 inches
 - deep layer depth: approx 2 - 3 inches

To begin:

1. Lie down on your back, place the towel underneath you to catch any lubricant that may spill
2. Coat the wand with lubricant
3. Assume a comfortable position allowing your body to fully relax (see progressive relaxation worksheet if you need assistance with this)

Stretch Technique:

- Imagine a clock around the external genitalia. Use the mirror to visualize the anatomy and these positions:
 - 12:00 at the pubic bone
 - 6:00 straight down from 12:00 near the anal opening
 - 3:00 to the left or right
 - 9:00 to the right or left
- Insert wand to the first layer. Apply downward pressure and stretch at 12:00, 3:00, and 9:00.
 - This pressure should feel like a strong stretch without intense pain.
 - Hold the stretch for 30 seconds
 - If pain arises before 30 seconds then hold to the point of pain and then release.
 - Increase in 10 second bouts until you can stretch for 60 seconds total
- Insert wand to the second layer (half way up treatment end)
 - Avoid 12:00 and 6:00 here as this is the urethra and rectum
 - Treat from 5:00 to 1:00



- Treat from 7:00 to 11:00
- Hold the stretch for 30-90 seconds
- Insert wand to the third layer (entire treatment end, finger length in depth)
 - Avoid 12:00 and 6:00 here as this is the urethra and rectum
 - Treat from 5:00 to 1:00
 - Treat from 7:00 to 11:00
 - Hold the stretch for 30-90 seconds
- Keep the wand handle flat against the tissue for a stretch

Trigger point release:

- Bend your wrist to bring the point/tip of the wand specifically into the tissue, this will feel like a more intense ache/cramp sensation
 - Hold 30 seconds
- Repeat where indicated by PT

My Key Areas: