

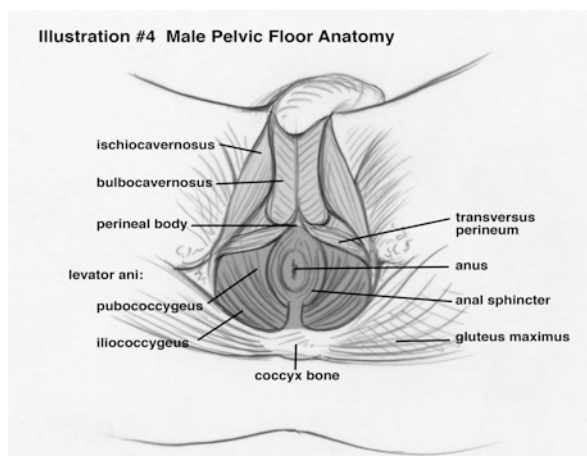


110 East 42nd Street, Suite 1504 🌸 New York, NY 10017

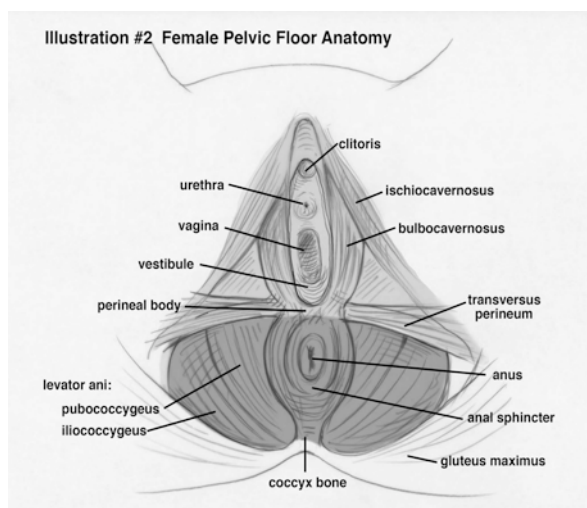
www.beyondbasicsphysicaltherapy.com

Internal Pelvic Floor Self-Massage Guide

By: Amy Stein, DPT, BCB-PMD 🌸 Author of *Heal Pelvic Pain*



©Illustration from Heal Pelvic Pain 2008



©Illustration from Heal Pelvic Pain 2008

Wash your hands thoroughly with an antibacterial soap before you do any of the following massages. You may also use a non-latex glove, if that is more comfortable for you.

Please review all illustrations (starting on page 4) prior to starting internal self-massage.

OUTSIDE of pelvic floor, an area called the perineal body, that portion of muscle and tissue located between the vaginal and anal areas in women and between the genitals and the anus in men, as shown in the diagram. Lie back comfortably with your knees bent and feet flat. Apply a small amount of lubricant to the area; I recommend a natural lubricant that's paraben-free and has no propylene glycol, which can irritate the tissue. Then, gently apply pressure to the area for 30 to 90 seconds; this helps loosen the tissue and increase blood flow. You can do this with EZ Magic, EZ Fit or with a finger; using the dilator puts less stress on your hands.

Note that this perineal massage is especially helpful before or after sexual activity. For women who may experience pain on penetration, this massage is useful prior to sexual activity. For both men and women, the perineal massage can minimize the tightening or spasming that inevitably occurs after orgasm. (Obviously, limit your sexual activity if it exacerbates your pain symptoms.)

INTERNAL pelvic floor massage— useful to relax and lengthen the muscles of the pelvic floor in men and women.

Intra-vaginal or intra-rectal, use a lubricant that is paraben-free and without propylene glycol.

Also, it may be easier and more comfortable to use the EZ Magic dilator. Whether you use your finger or the curved dilator, you will only penetrate from about half an inch to four inches deep. Again, as the pain subsides over time, increase the pressure gradually.



Intra-Vaginal Internal Pelvic Floor Self-Massage—For Women Only. Lie back comfortably with your knees bent, feet flat. Place pillows under both knees if that's more comfortable. Visualize the area you are probing as a clock. Your pubic bone is the 12:00 position, and the anus is at 6:00 ([Illustration A & B](#)); it might help to use a mirror as you visualize the clock. Insert your finger or the curved dilator to a depth of about an inch and start at the 6:00 position. Now move gently and slowly *counterclockwise* to 1:00, probing thoroughly for sore points ([Illustration C](#)). Then go the other way, *clockwise*, testing the area from 6:00 to 11:00 ([Illustration D](#)). When you hit a sore point, apply pressure—very gently, as these muscles and tissues are highly sensitive—for at least 30 and at most 90 seconds. Then move on. You can go as far back into the vaginal canal as four inches to assess the different muscles of the pelvic floor, but be careful to be gentle with yourself.

You never want to probe the area between 11 and 1, because the urethra and bladder lie there and they should not be pressed ([Illustration E](#)).

Intra-Rectal Internal Pelvic Floor Self-Massage—The most comfortable position for rectal massage, **in men and women**, is actually side-lying, with a pillow under your head and a pillow between the knees. Alternatively, lie on your back with or without pillows; knees bent, feet flat. Different clock: for the **intra-rectal** massage, the perineal body is at 12:00, and the tailbone is at 6:00 ([Illustration F & G](#)). Insert your finger or the EZ Magic dilator to a depth of about an inch, and start at

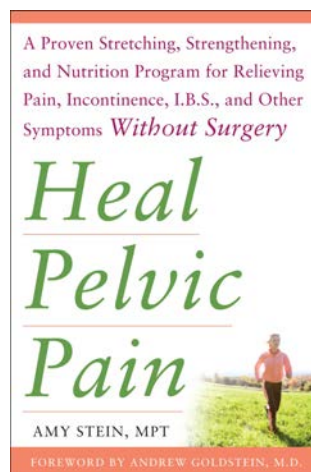


the 5:00 position. Move your finger or the curved dilator gently and slowly counterclockwise from 5:00 to 1:00, probing thoroughly for sore points ([Illustration H](#)). Then go to the other side, testing the area clockwise from 7:00 to 11:00 ([Illustration I](#)). When you hit a sore point, apply pressure—very gently—for at least 30 and at most 90 seconds. You can go as far back as four inches to assess the different muscles of the pelvic floor. **Men** never want to probe the area between 11:00 and 1:00, because the prostate is there ([Illustration E](#)). **Men and women** should not probe the area between 5:00 and 7:00 because that is the tailbone, and massaging bone can be painful, although it is not harmful to do so ([Illustration J](#)).

EZ Magic dilator may be used warm for trigger point release massage (as previously described), followed by EZ Fit (straight dilator) cold for 10 minutes. Both dilators may be dipped in warm or cold water or used with a lubricant (as described above) for easier insertion.

EZ Fit dilator should be used warm prior to intercourse and cold after intercourse.

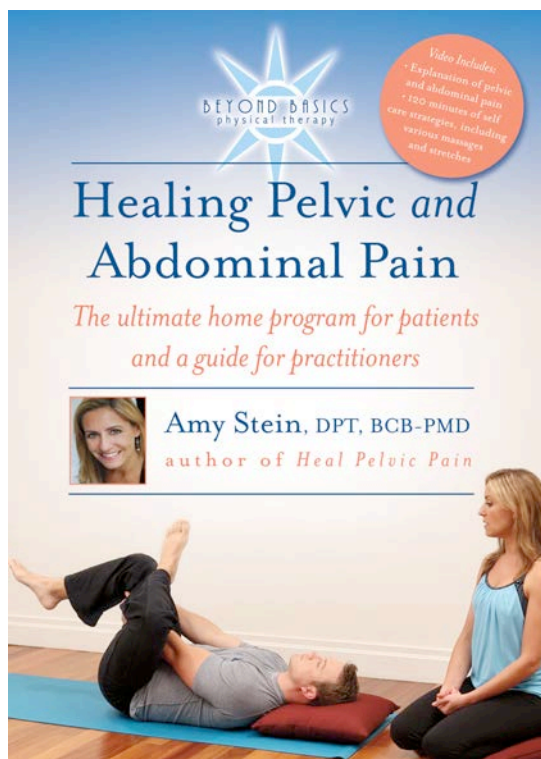
Heal Pelvic Pain (available at www.Amazon.com in paperback or Kindle version) has more extensive massages for the external muscles, as well as stretches and self care techniques. EZ Fit & EZ Magic are available at www.icrelief.com.





Internal Pelvic Floor Self-Massage Guide 🌟 By: Amy Stein, DPT, BCB-PMD 🌟 Author of *Heal Pelvic Pain*

See instructions for illustrations on the following page.



The Beyond Basics Home Program for Pelvic and Abdominal Pain, including:

- IC/PBS, IBS, Vulvodynia, Endometriosis, Non-bacterial Prostatitis, Pudendal Neuralgia, Unexplained Back, Pelvic, Tailbone, Abdominal, Bladder, Bowel, Genital and Sexual Pain and Dysfunction.

Sections Include:

- Pelvic Pain Explained for Women, Men and Children, including:**
 - Signs, Symptoms and Causes
 - Effect on Bladder, Bowel and Sexual Dysfunction
- Each Section Includes an Introduction With:**
 - Indications, Anatomy, Positioning,
 - How Often and Monitoring
- Diaphragmatic Breathing and Relaxing the Pelvic Floor**
- Massage Techniques:**
 - Lying, Seated and Standing
 - External: Colon Massage, Back, Abdomen, Lower Body and Pelvic Floor
 - Internal: Vaginal, Rectal and Dilators
- Stretching:** Lying and Standing
- Bonus Material:** Self-Care and Behavioral Modifications

For more Bonus Material go to: www.beyondbasicsphysicaltherapy.com

"Amy Stein's *Heal Pelvic and Abdominal Pain* is a great start to relieving...and possibly eradicating...abdominal-pelvic pain. Her DVD is intelligent and compassionate; a must for anyone suffering from pelvic or abdominal pain."
— Dr. Fred Howard, MD-Gyn, Founder of the International Pelvic Pain Society

Amy Stein, DPT, BCB-PMD, is considered a leading expert and at the forefront of treating pelvic pain, pelvic floor dysfunction, women's health, and manual therapy for men, women, and children. She is the founder, creator and a premier practitioner at renowned Beyond Basics Physical Therapy in NYC. She is the author of *Heal Pelvic Pain*, an easy-read, self-help book. Amy is one of the founders of the **Alliance for Pelvic Pain**, a patient-oriented educational retreat, which is held 1-2 times each year. Amy is also a contributor to the medical textbook, *Female Sexual Pain Disorders: Evaluation and Management*, and serves on the Executive Board of the International Pelvic Pain Society. Amy lectures nationwide, and has been interviewed in media outlets ranging from the medical segments of popular TV news shows, like ABC's 20/20 to such newspapers as the New York Daily News and magazines such as Elle and Marie magazine.

About Beyond Basics Physical Therapy: The Beyond Basics' treatment program consists of a multimodal and a multidisciplinary approach to each patient's entire well-being. All Beyond Basics physical therapists hold a master's and/or doctorate degree in physical therapy with specialized training in pelvic floor dysfunction, women's health care, and orthopedic injuries. In addition, all Beyond Basics physical therapists have extensive training in manual therapy for men, women, and children.

www.beyondbasicsphysicaltherapy.com length: 120 minutes
www.healingpelvicandabdominalpain.com
www.healpelvicpain.com
Beyond Basics Physical Therapy, LLC, 110 E. 43rd St. Suite #104, NY, NY 10017
© 2013 Amy Stein, DPT, BCB-PMD. All rights reserved. Unauthorized duplication is a violation of applicable laws.

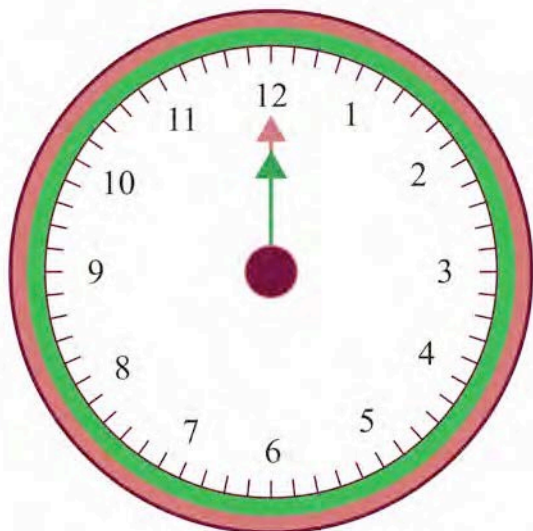
Now you can watch and follow Amy Stein's new 2-hour video in the comfort of your home. *Healing Pelvic and Abdominal Pain: The ultimate home program for patients and a guide for practitioners*. It is easy to follow, provides comprehensive explanations, clear instructions on external and internal massages and dilator use, as well as stretches in real time. Available on Amazon at <http://www.amazon.com/Healing-Pelvic-Abdominal-Pain-Practitioners/dp/B00JB4GOE2> in the U.S. and www.icrelief.com Internationally.



Illustrations are lettered and correspond with instructions in this Internal Pelvic Floor Self-Massage Guide. **Please review all illustrations prior to starting internal self-massage.**

Intra-Vaginal Internal Pelvic Floor Self-Massage

The pubic bone is at 12 o'clock.

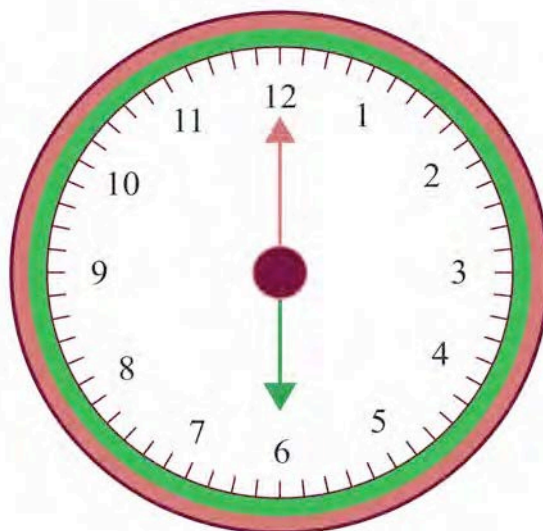


Copyright © 2008 - 2013 Heal Pelvic Pain & IC Relief, LLC - All rights reserved.

Illustration A

Intra-Vaginal Internal Pelvic Floor Self-Massage

The anus is at 6 o'clock.



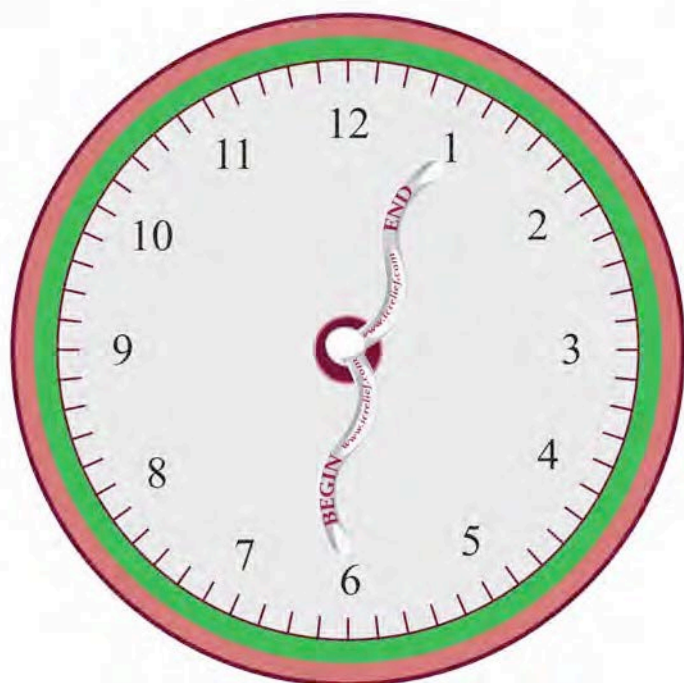
Copyright © 2008 - 2013 Heal Pelvic Pain & IC Relief, LLC - All rights reserved.

Illustration B



Intra-Vaginal Internal Pelvic Floor Self-Massage

Insert your finger or curved dilator to a depth of about an inch and start at the 6 o'clock position. Now move gently & slowly counterclockwise to 1 o'clock, probing thoroughly for sore points.

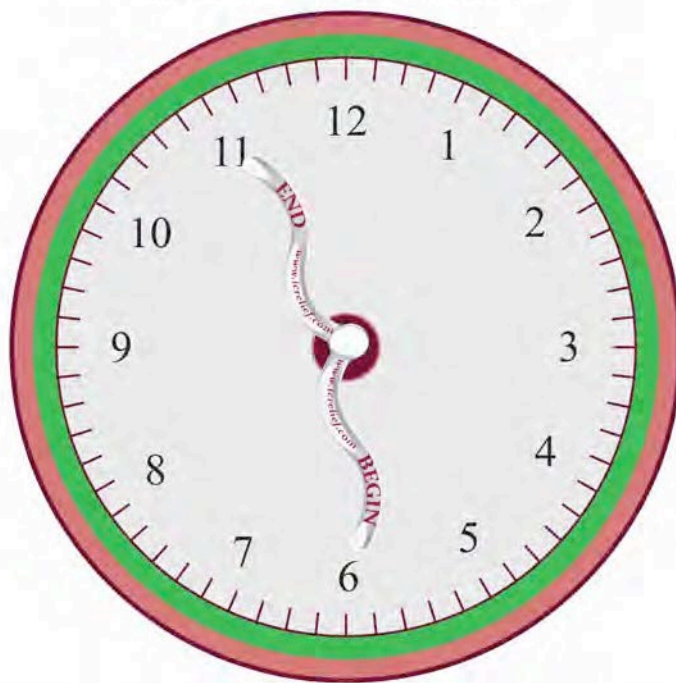


Copyright © 2008 - 2013 Heal Pelvic Pain & IC Relief, LLC. All rights reserved.

Illustration C

Intra-Vaginal Internal Pelvic Floor Self-Massage

Insert your finger or curved dilator to a depth of about an inch. Start on the left side, clockwise, testing the area from 6 o'clock to 11 o'clock. When you hit a sore point, apply pressure - very gently, as these muscles and tissues are very sensitive - for at least 30 to 90 seconds. Then move on.



Copyright © 2008 - 2013 Heal Pelvic Pain & IC Relief, LLC. All rights reserved.

Illustration D

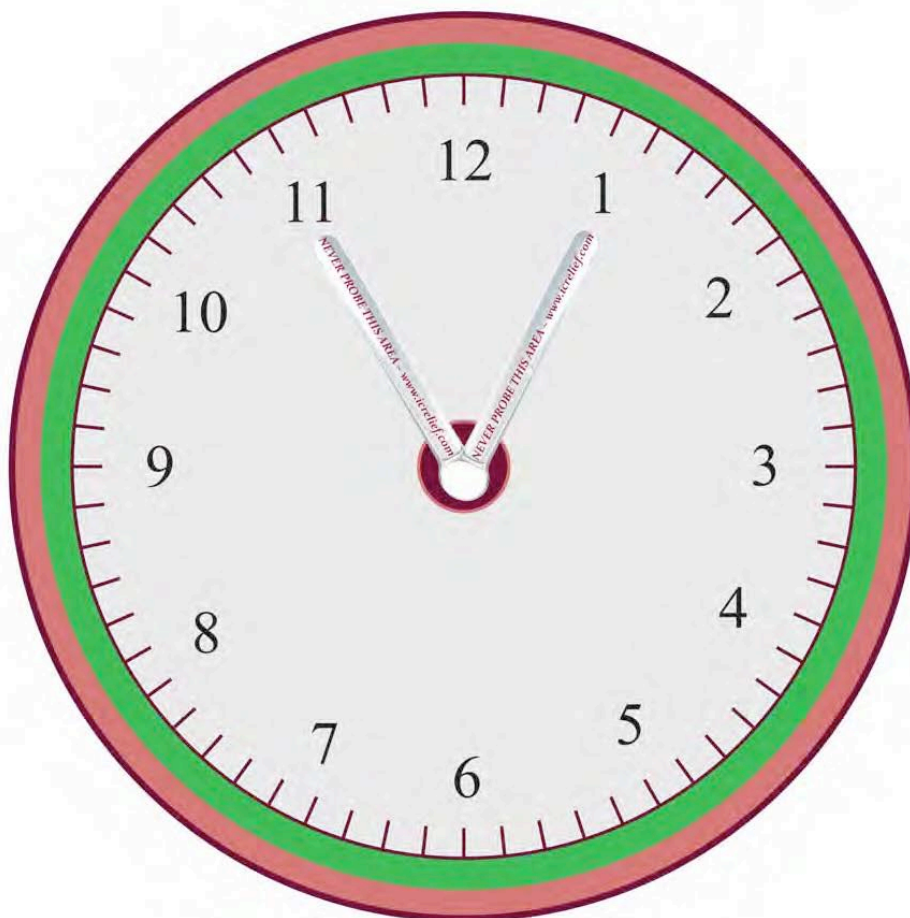


Internal Pelvic Floor Self-Massage Guide • By: Amy Stein, DPT, BCB-PMD • Author of *Heal Pelvic Pain*

Illustration E

Internal Pelvic Floor Self-Massage for Men & Women

NEVER PROBE THE AREA BETWEEN 11 O'CLOCK AND 1 O'CLOCK; vaginally, the urethra and bladder are there and rectally in men, is the prostate.



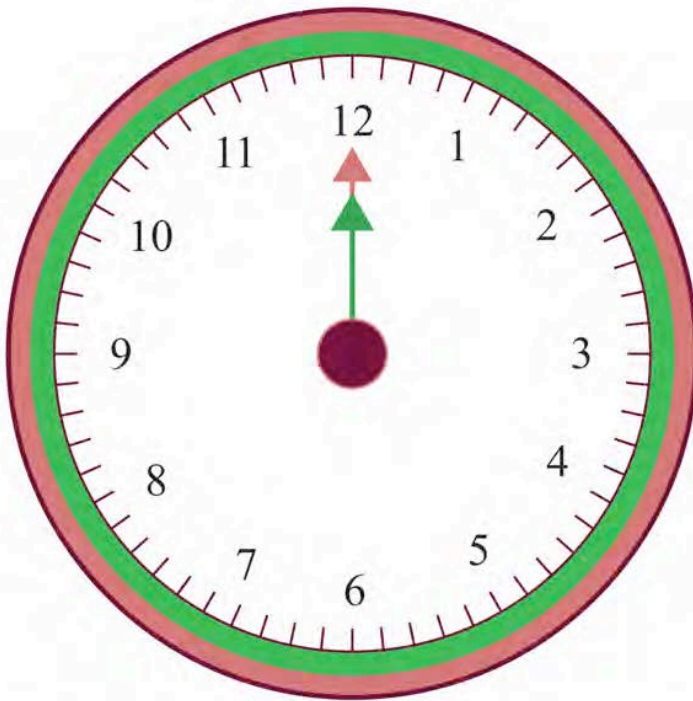
Copyright © 2013 IC Relief, LLC & Amy Stein ~ All rights reserved.

Copyright © 2013 - 2014 Amy Stein. All rights reserved.



Intra-Rectal Internal Pelvic Floor Self-Massage

The perineal body is at 12 o'clock.

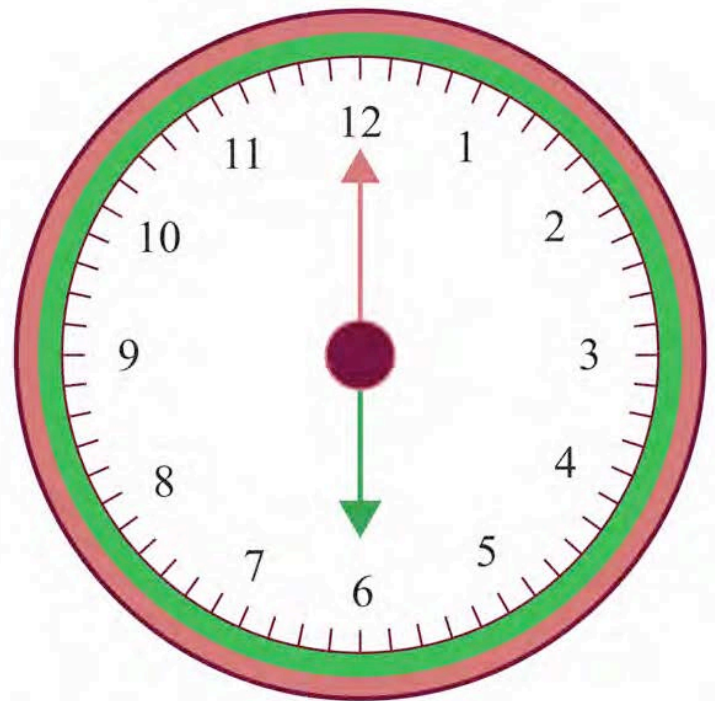


Copyright © 2008 - 2013 Heal Pelvic Pain & IC Relief, LLC ~ All rights reserved.

Illustration F

Intra-Rectal Internal Pelvic Floor Self-Massage

The tailbone is at 6 o'clock.



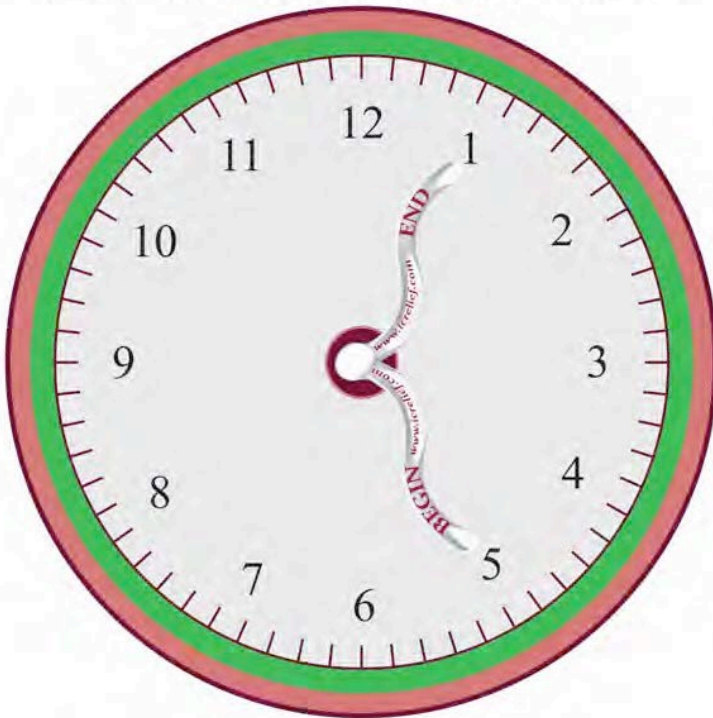
Copyright © 2008 - 2013 Heal Pelvic Pain & IC Relief, LLC ~ All rights reserved.

Illustration G



Intra-Rectal Internal Pelvic Floor Self-Massage

Start at the 5 o'clock position, move your finger or the curved dilator gently and slowly counterclockwise from 5 o'clock to 1 o'clock. Probe thoroughly for sore points. When you hit a sore point, apply gentle pressure for at least 30 to 90 seconds.

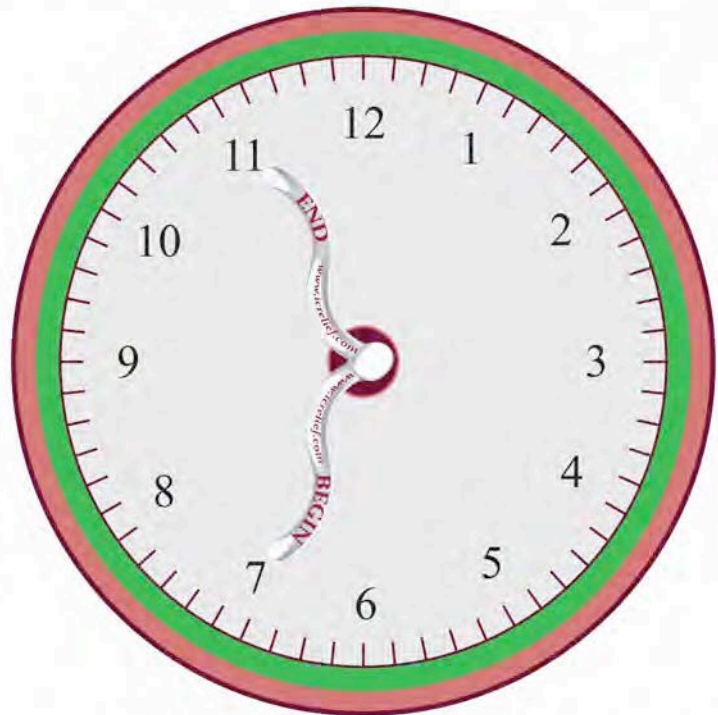


Copyright © 2008 - 2013 Heal Pelvic Pain & IC Relief, LLC ~ All rights reserved.

Illustration H

Intra-Rectal Internal Pelvic Floor Self-Massage

At the 7 o'clock position, move your finger or the curved dilator gently and slowly clockwise from 7 o'clock to 11 o'clock. Probe thoroughly for sore points. When you hit a sore point, apply gentle pressure for at least 30 to 90 seconds.



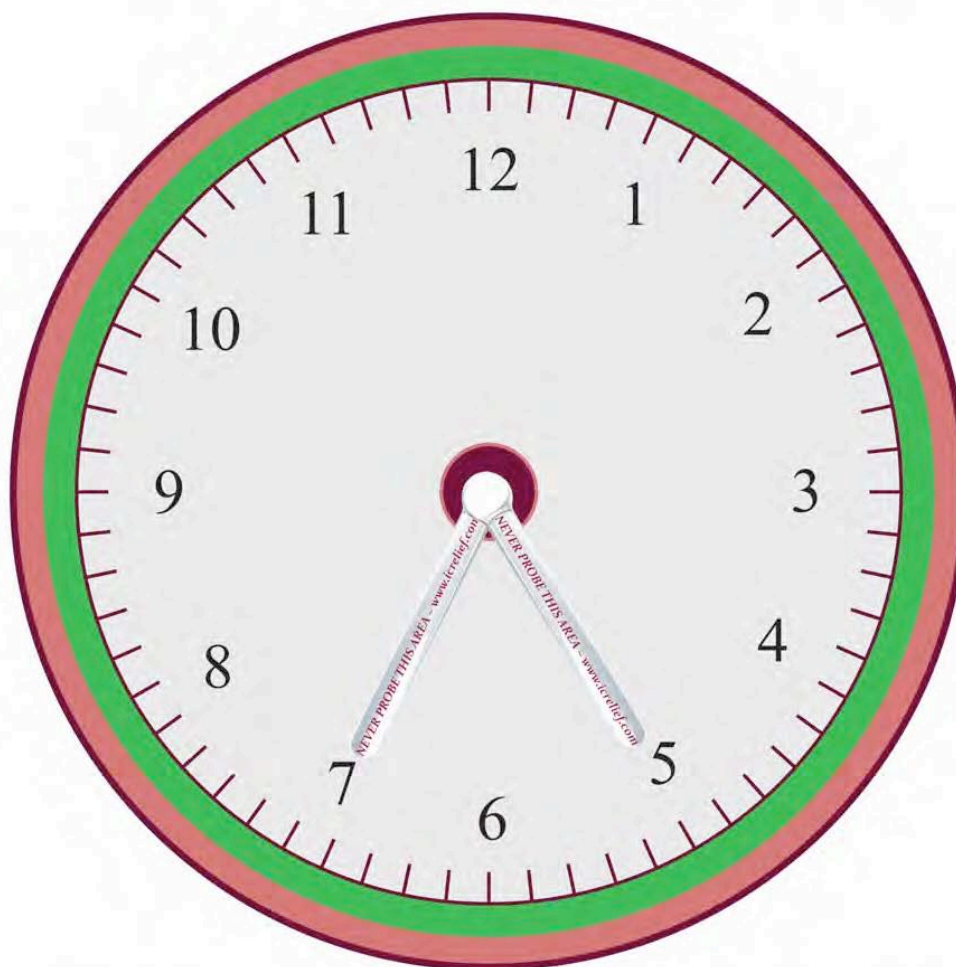
Copyright © 2008 - 2013 Heal Pelvic Pain & IC Relief, LLC ~ All rights reserved.

Illustration I

Illustration J

Internal Pelvic Floor Self-Massage for Men & Women

NEVER PROBE THE AREA BETWEEN 5 O'CLOCK AND 7 O'CLOCK **RECTALLY!** Massaging the tailbone can be painful.



Copyright © 2008 - 2013 Heal Pelvic Pain & IC Relief, LLC ~ All rights reserved.

Copyright © 2013 - 2014 Amy Stein. All rights reserved.