

How to Use a Pelvic Wand

1. Wash the wand with warm water and soap.
2. Designate a place in your home that is safe, quiet and comfortable, such as your bed.
3. Decide which end of the wand to use. The pointed end is beneficial for the deeper pelvic floor muscles, whereas the shorter rounded end is for the muscles near the entrance of the vagina and to address tender points in the rectum.
4. Use a generous amount of water-based lubricant on the first 1 to 2 inches of the desired treatment end of the wand, as well as the opening of the vagina. The use of a water-based lubricant is important to preserve the medical grade silicone of the wand.
5. Start by lying on your back with your knees bent and feet planted. Some people may prefer to lie on their side instead. If that's the case, be sure to bend your knees and support your top leg with a folded pillow between your knees.
6. Begin your session by breathing in and allowing your belly to expand, followed by exhaling, allowing your belly to slowly fall. The act of slowly exhaling helps to naturally relax the pelvic floor muscles. Repeat the deep breathing pattern, and continue to do so steadily and deliberately. Gently bring the wand to the opening of the vagina and carefully insert it on an exhale.
7. Gently sweep the end of the wand until you encounter a tender point. When you find tender point, gently compress the end of the wand into the tender point with the same firmness you would use to check a tomato for ripeness. For example, don't press so hard you squish your tomato.
8. Maintain gentle pressure on the tender point and slowly move your bent knee left and right until you find a position that stops the pain in the pelvic floor muscle. When you find this position, remain there for 1 to 2 minutes to allow the tender point to fully release. Continue to breathe deeply.
9. Repeat this process 1 or 2 times per day as needed.