

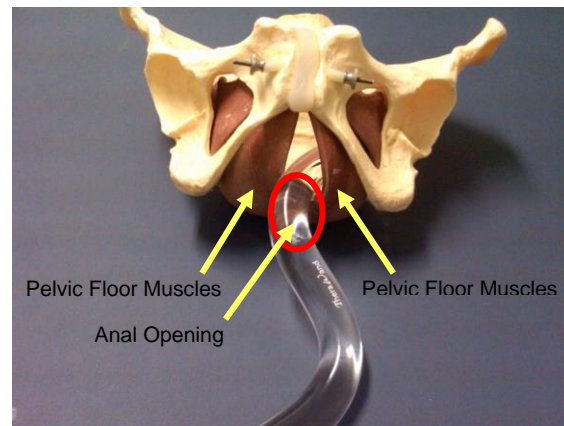
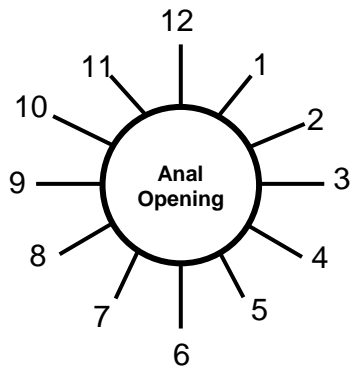
# Using the TheraWand to Treat **Male** Pelvic Floor Muscle Dysfunction

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The curved design of the TheraWand is perfect for ease of use intrarectally to treat pelvic floor muscle dysfunction. The TheraWand has been used as a sexual device to stimulate the prostate. Because of the brilliant design it has been employed as a massage tool by physical therapists and patients for those suffering with pelvic pain or sexual pain.

The TheraWand for transrectal use is narrower and tapered on one end allowing for easier anal insertion. Once inserted, the user can easily manipulate the TheraWand with the elongated handle to gently massage pelvic floor muscles that are tender, tight, or have myofascial trigger points. Users should use gentle strokes or sustained hold stretching with the TheraWand to perform the massage and pain relieving techniques to the pelvic floor muscles. Massaging scar tissue in the perineum or anus may also be beneficial to alleviate scar pain, sensitivity, or tightness.

1. Apply a generous amount of lubricant on the tapered end tip of the TheraWand.
2. Assume a comfortable semi-reclined position with your knees bent. An alternative position may be standing with one leg raised on a footstool.
3. Find your anus or anal opening.
4. Gently insert the tapered end into the anal opening and once inserted turn the TheraWand to the 9 or 3 o'clock position.
5. Orient yourself to the anal opening and pelvic floor muscles as a clock to identify painful or tight muscles.
6. Since the pelvic floor muscles surround the anal opening, strokes are best performed from 11 to 6 o'clock and 1 to 6 o'clock. Avoid applying strokes to 12 o'clock due to sensitive structures such as the urethra and prostate unless otherwise directed by your practitioner.



7. Perform gentle strokes for several minutes on each side until relief is felt.
8. The anal tissue is sensitive and thus the actual massage strokes may not be tolerated well. As an effective alternative, perform gentle sustained pressure holds on the muscles on each number of the clock. Only move the wand to get to the next muscle region or clock number.
9. Trigger point release and lengthening can be achieved by holding sustained pressure on the painful pelvic floor muscle(s) with the tapered end of the TheraWand.
10. Always use with caution and consult with a physical therapist that specializes in pelvic floor rehabilitation prior to use.
11. Consult with your doctor if pain or discomfort persists.
12. Use daily or how prescribed by your health care provider.

## Useful for men or women with:

Pelvic floor muscle dysfunction (i.e. pain, overactivity, shortening, trigger points)

Rectal pain	Prostatitis
Painful scar tissue	Sexual pain
Anismus	Chronic Pelvic Pain