

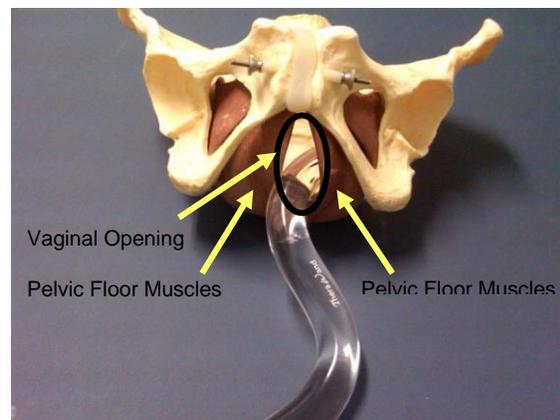
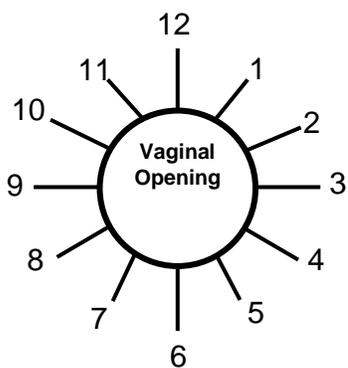
## Using the TheraWand to Treat Pelvic Floor Muscle Dysfunction

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

The TheraWand is tapered on one end allowing for easier vaginal 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 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 (i.e. episiotomy scar) in the perineum may also be beneficial to alleviate scar pain, sensitivity, tightness, or painful intercourse.

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. Separate your labia majora and find your vaginal opening.
4. Gently insert the tapered end into the vaginal opening.
5. Orient yourself to the vaginal opening and pelvic floor muscles as a clock to identify painful or tight muscles.
6. Turn the TheraWand to the 9 or 3 o'clock position to begin strokes.
7. Since the pelvic floor muscles surround the vaginal opening, strokes are best performed from 11 to 7 o'clock and 1 to 5 o'clock.



8. Avoid applying strokes to 12 or 6 o'clock due to sensitive structures such as the urethra and rectum unless otherwise directed by your practitioner.
9. Perform gentle strokes for several minutes on each side until relief is felt.
10. 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.
11. Always use with caution and consult with a physical therapist that specializes in pelvic floor rehabilitation prior to use.
12. Consult with your doctor if pain or discomfort persists.
13. Use daily or how prescribed by your health care provider.

**Useful for women with:**

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

Vaginismus

Painful scar tissue

Tight vaginal opening

Anorgasmia

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