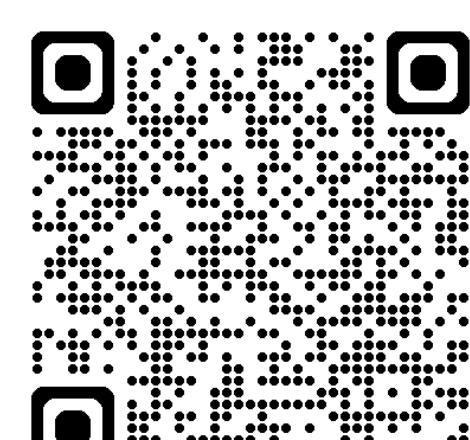
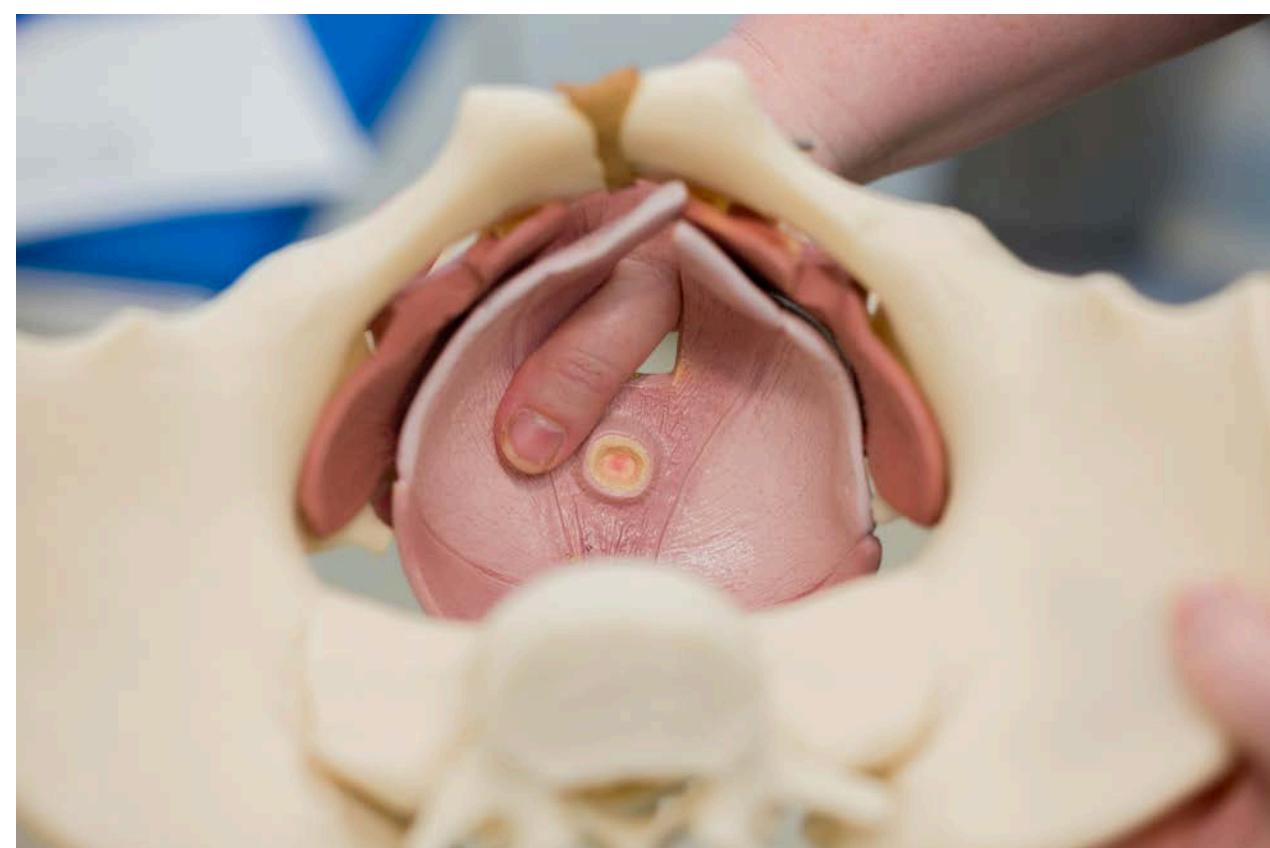


Self release of the pelvic floor – additional techniques





The following are additional techniques which can encourage the pelvic floor to relax. The techniques can be done skin to skin – there is no need to use gloves. To enable good movement on the tissues, a good quality lubricant is recommended. This should be free of parabens, glycerines, glycols, alcohol and perfume. Choose a position which is the most comfortable for you and provides easiest access.



When doing manual techniques, the idea is to be comfortable and find a technique that does not provoke too many symptoms. Use gentle but firm pressure.

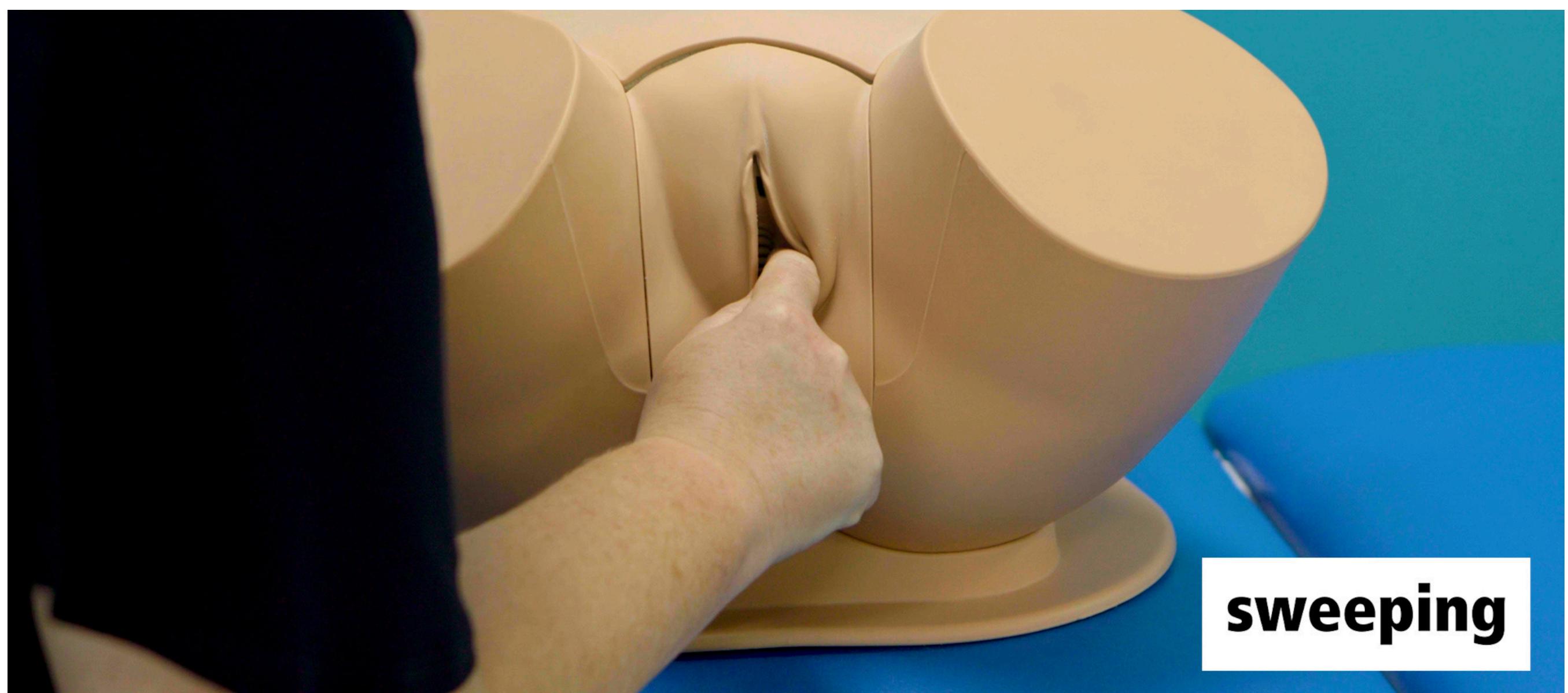
Always aim for what is called “sub-threat”. To explain this term, we think about a pain scale with 0 being nothing and 10/10 being excruciating. When doing techniques, this figure should never peak above 5/10. This concept can also be used to consider how anxious it feels to do techniques. Whether anxiety or pain, always aim to be below 5/10.

Furthermore, should you find that pain lingers for more than half an hour after a session of releasing, then consider modifying what you are doing by trying a different technique, or being gentler, or doing less repetitions.

Sweeping

Sweeping techniques can be effective at enabling the tissues and muscles to be receptive to movement.

With this technique, you are applying pressure to achieve a stretch (as below) and this time the pressure is maintained and moved around to the next station of the clock. You may do this bit by bit or whole sides at a time. Generally, work from the sides (3 or 9 o'clock) towards the 6 o'clock area to begin with.

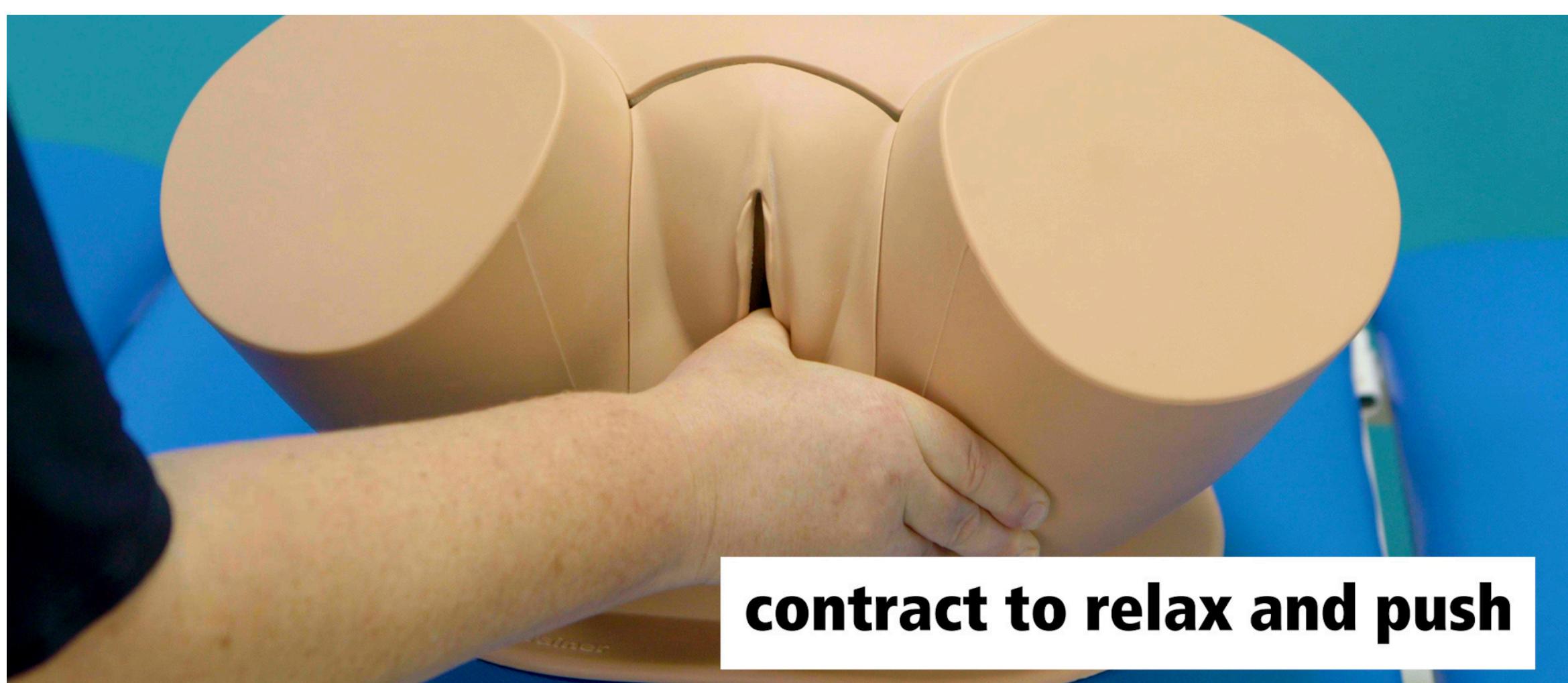


Contract to relax and push

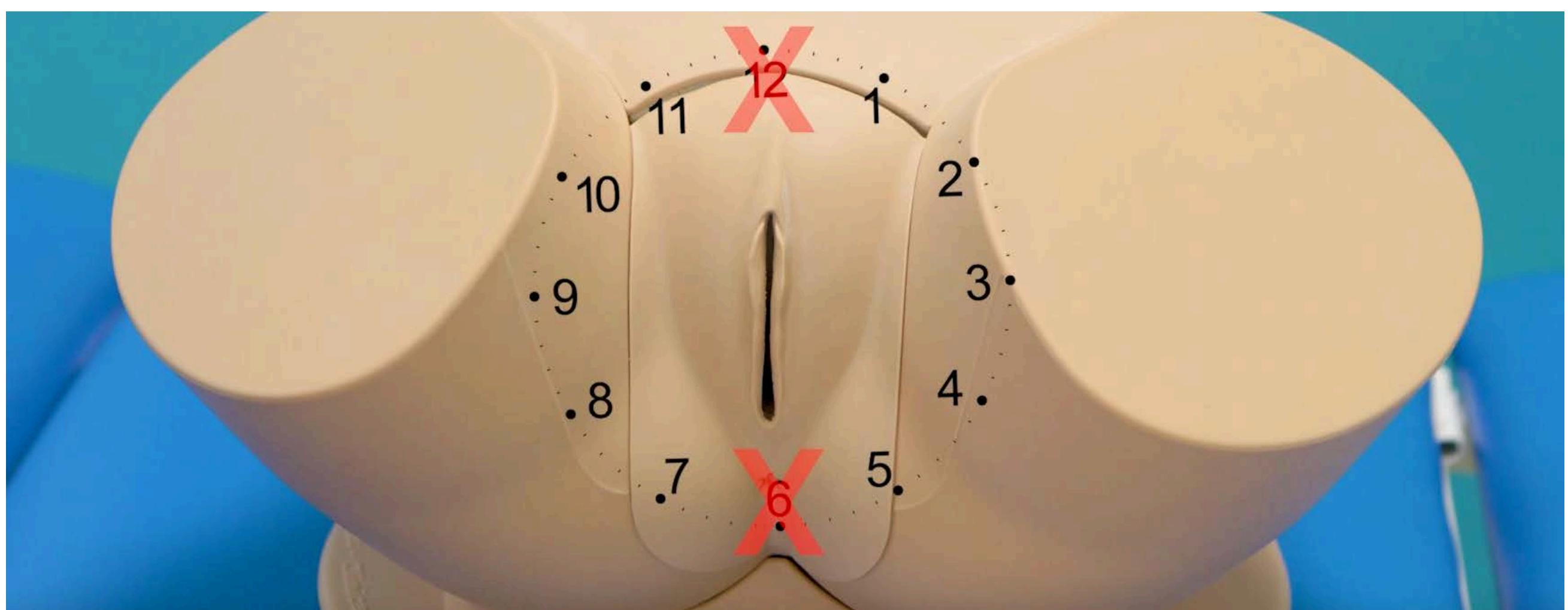
This is a useful technique for the deep pelvic floor. Using your thumb is the easiest way to do this. Your thumb, when placed inside the vagina, should sit to the left or to the right where you will land on the muscles to be released.



First contract your pelvic floor strongly and firmly, then allow the muscles to relax and then push down towards your feet. This pressure should come from your shoulder rather than your thumb and will be more comfortable (and kinder to the thumb). Work on different areas and find areas where there is more tension, and a release is needed.



It is not advised to do this over the 6 o'clock area where there will be pressure on the rectum when doing the technique. The 12 o'clock area at the front tends to be more sensitive especially around the urethra so apply this technique around the sides only.



Aim to spend around 10 minutes exploring these techniques and try to do this regularly.

A video showing these techniques in more detail is available on our website www.eoemskservice.nhs.uk/our-services/pelvic-health-physio/pelvic-health-resources under pelvic pain conditions heading.