

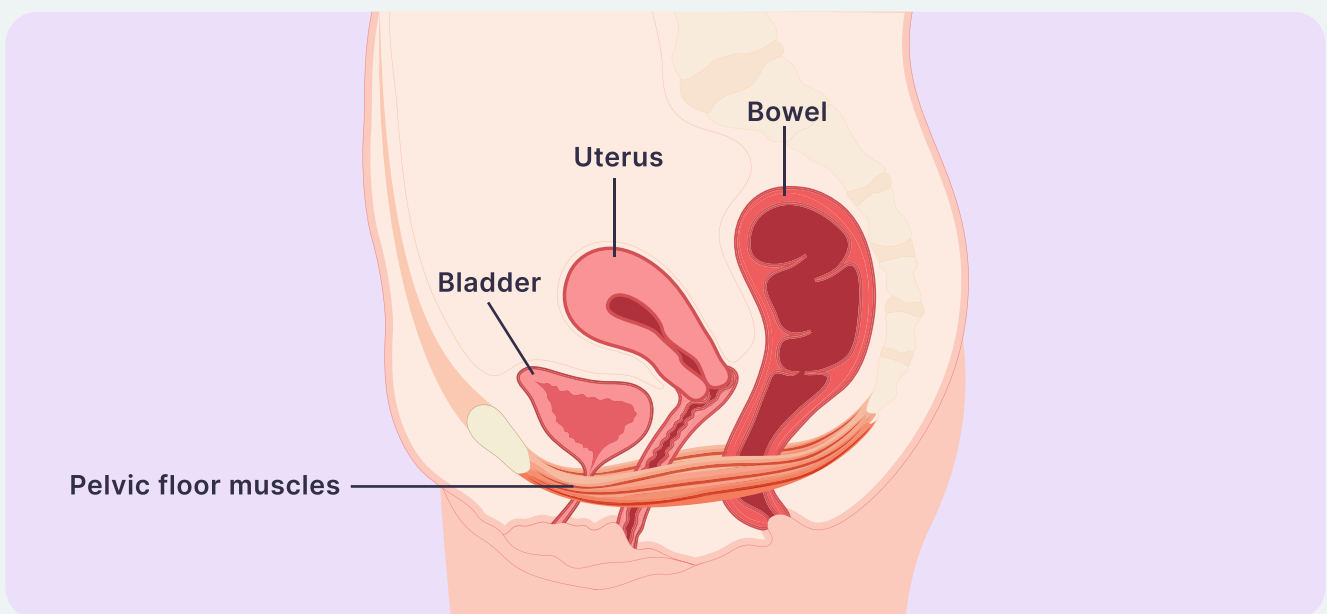
# Pelvic floor massage guide

Pelvic floor massage is a therapeutic technique that can help relieve tension, improve circulation, and enhance the function of the pelvic muscles. It can be particularly useful for addressing pelvic pain, discomfort during sex, or issues such as urinary incontinence. Here's a step-by-step guide on how to perform a pelvic floor massage safely and effectively.

## Understand the pelvic floor muscles

- The pelvic floor consists of muscles, ligaments, and connective tissue that support the bladder, uterus, and bowel. They are responsible for controlling urinary and bowel functions and play a key role in sexual health.

- Before starting a pelvic floor massage, it's helpful to understand where these muscles are located. These muscles are located at the base of your pelvis and form a "hammock" that supports the pelvic organs.



## Set the right environment

- **Privacy:** Choose a quiet, private space where you feel comfortable and relaxed.
- **Relaxation:** You may want to use calming techniques such as deep breathing, soft lighting, or gentle music to help you relax.
- **Warmth:** Consider using a warm compress or heating pad on your lower abdomen or pelvic area for about 10-15 minutes before starting. This will help relax the muscles and prepare them for the massage.

## Wash your hands

- Before performing any massage, wash your hands thoroughly to avoid introducing any bacteria into the vaginal area.

## Lubrication

- Use a water-based lubricant to reduce friction and make the massage more comfortable. Apply a small amount of lubricant to your fingers or the area you're massaging.

## External pelvic floor massage (perineal area)

- **Position:** Lie down comfortably on your back with your knees bent and feet flat on the floor, or you can also sit on the edge of a chair.
- **Find the perineum:** The perineum is the area between your vaginal opening and anus. Gently massage this area using your fingers, applying light, circular motions or gently pressing down.
- **Focus on tension:** As you massage, focus on areas that feel tense or tight. Apply gentle pressure and hold for a few seconds, then release. You may also use soft tapping or gentle kneading motions.
- **Breathe deeply:** Deep, relaxed breathing can help release any tension in the pelvic floor muscles. Inhale deeply through your nose and exhale slowly through your mouth.

## Internal pelvic floor massage (vaginal massage)

- **Prepare:** For internal massage, make sure your hands are clean and your nails are trimmed. You can also wear disposable gloves for hygiene purposes.
- **Position:** Find a comfortable position—lying on your back with knees bent or sitting with your feet flat on the floor works well. Some people also prefer to use a squat position to access the pelvic muscles more easily.
- **Insert your fingers:** Gently insert one or two fingers into the vaginal opening. You should feel the muscles of the pelvic floor, which will feel like a soft, spongy tissue.

**Apply gentle pressure:** Gently press on areas of tension or tightness within the pelvic muscles, working your way around the vaginal walls and pressing

- in and out gently to release tension. Focus on the muscles around the vaginal opening, and if you feel any particularly tender spots, hold gentle pressure there for 10-15 seconds before moving on.

**Massage techniques:** You can use a circular motion or apply light, sustained

- pressure on areas that feel tight. Avoid overexerting pressure—listen to your body, and if anything feels uncomfortable, stop or adjust.

## Relaxation and aftercare

- **Rest:** After completing the massage, take some time to relax. Lie down or sit comfortably for a few minutes to allow the muscles to fully relax.
- **Hydration:** Drink plenty of water after your massage to help flush out any toxins released during the process.
- **Consistency:** Pelvic floor massage can be most effective when done regularly, but you should always consult with a healthcare provider before starting any new therapy to ensure it's appropriate for your situation.

## When to seek professional help

If you experience severe pain, discomfort, or difficulty during the massage, it's important to consult with a pelvic floor therapist or healthcare provider. They can help assess any underlying issues and guide you through safe and effective techniques.

