



Pelvic Floor Muscle Accommodater/Dilator Stretching

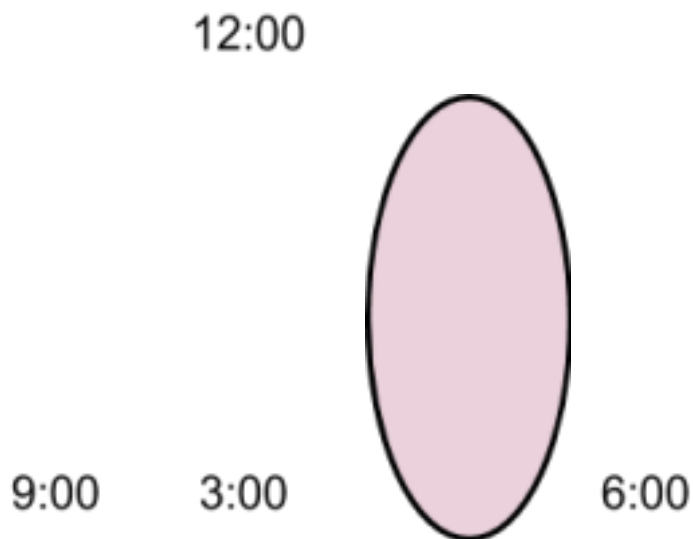
Preparation

1. Apply lubricant to dilator - coconut oil, oil-based lubricant, vegetable oil, olive oil, etc.
 - a. Water-based lubricants may dry out by the end of stretching
 - b. Vegetable oil and olive oil may stain sheets or clothing. Put down a towel or select a different lubrication.
2. Choose dilator - the level of discomfort should no exceed 3-4/10 on the pain scale so you are able to fully relax
3. Lie in a semi reclined position on your back with your knees bent, supported by pillows.
4. Take time to breathe and focus on relaxing the pelvic floor muscles before beginning.

Stretching Options

- ___ Insert dilator in and out x5 (desensitization of tissues)
- ___ Leave dilator in for 5-10 minutes (stretching tissues)
- ___ Sweep from 3:00-6:00 and 6:00-9:00 positions (general stretches and desensitization)
- ___ Trigger point "knot" release - find a tender spot and hold for 30-60 seconds

Areas YOU Should Focus





Clean Up - Wash accommodater/dilator with gentle soap and water and dry well.