

STRETCHING PELVIC FLOOR MUSCLES - DILATOR

Supplies

- Vaginal Lubricant
- Mirror (optional)
- Gloves (optional)
- Dilator

Positioning

- Start semi-reclined
- Head propped up
- Knees bent

Procedure

- Apply a moderate amount of lubricant on outer skin of your vagina & labia minora. Apply to end of dilator as well
- Spread the skin away from vaginal opening. Place the end of the dilator at the opening
- Do a maximum contraction of the pelvic floor - tighten the vagina and anus maximally and then relax
- When you know the muscles are relaxed, gently & slowly insert the dilator into your vagina directing it slightly downwards for 1-2 inches of insertion
- Relax & stretch the vagina at the 6 o'clock position
- Hold the stretch for a few seconds and repeat as needed with breaks between stretches
- Repeat the stretching in the 4 o'clock & 8 o'clock positions
- Note the amount of time you were able to achieve and your tolerance to the dilator in your vagina
- When ready, advance to moving the dilator in & out of your vagina
- Once you accomplish the techniques above you may try them in standing with one foot on the tub or in other positions

Key Points

- Use Diaphragmatic breathing to help you relax your muscles during this exercise
- You may use the dilator in other directions where you experience muscle tension; avoid the 12 o'clock position where the urethra is
- Do not try to push the dilator in all the way; work towards a deeper insertion as you progress
- Once comfortable with the smallest dilator, you may progress to moving it around inside of you. You may then progress to a larger size
- Only progress to a larger size when the smaller one is pain free

