



Institute *for*
Birth Healing

PELVIC FLOOR MASSAGE

Learn how to safely and
effectively massage your
pelvic floor muscles.

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PELVIC FLOOR MASSAGE

Get into a comfortable position leaning up against the headboard of your bed with your knees slightly bent out to the side. The bathtub, on the toilet or in the shower are other places you can try massaging your pelvic floor.

If you were to think of your vaginal opening as a clock face (with the clock facing out between your legs) your pelvic floor muscles most helpful for and most effected by birth run from 3 o'clock (on the left side) to 9 o'clock (on your right side).

I find using my thumbs allows for greater ease and access to working with the tissues, but you could also try your index finger. Insert the tip of your thumb into your vagina and place it at 6 o'clock. You are on the perineal body, the area between your vaginal and anal opening. If you tore during childbirth this area may feel restricted to downward pressure. Try pushing down on the perineal body and see if it can move easily. If it can't, apply gentle pressure and hold until you feel the tissues release. You may want to try to insert two fingers, index and middle fingers work great or two thumbs, just into your opening and work to try spreading the tissues out to the side, kind of like ironing the tissues flat. This is the motion of expansion that needs to happen for intercourse and childbirth.

If you move your thumb in past the first knuckle you will be on your rectum. Don't push here as it may feel uncomfortable. Slide off the rectum to the side at either 5 or 7 o'clock depending on which thumb you are using. Using the entire length of your thumb press into the tissues from 3-5:00 and do a pelvic floor contraction and see how the muscles work. Then move to the other side from 7-9:00 and compare to the other side. Next, press into the tissues from 3-5:00 and then 7-9:00. See if both sides spring and move equally. Normal tissue has a nice bounce to it, like pushing down on a trampoline. A knot in the tissue will feel hard, and have less mobility. When you encounter a hard area allow your thumb to sink into the tissue, you are not *pushing* your thumb in. When you sink in you are inviting yourself into the tissues versus forcing your way in with pushing. Just allow it to sink into the tissue until it can't sink in any further and just hold it there. As you hold it there, you are waiting for it to release or "melt" under your finger. Bringing your awareness and breath down to the area can also help it to

melt or release. You can try placing your other hand either on your pubic bone, your tailbone or on the same side ischium (your sit bone). Visualize a connection between your two hands and see if the placement of your other hand helps the tissue under your thumb relax. Your goal is to get the harder side tissue to feel the same as the other side. You can also try to massage the pelvic floor muscles between your thumb on the inside and your fingers on the outside. Sometime offering compression between your thumb and fingers can help the tissues to relax.

Now bring your thumb out to the first knuckle and you are on the perineal body again. Use your index finger and place it on the outside of your anal sphincter. This muscle is a circular muscle so press into the different hours of the clock as you go around the muscle looking for any knots or hardened areas. If you find one on the top part of the muscle use your thumb and pinch the muscle between your fingers. Hold until the muscle melts. If the knots are located on the bottom half of the sphincter muscle use your nailbed of your finger to press down into the knot until it releases. This is an excellent thing to do prior to a bowel movement if you are dealing with a fissure!

Make a mental note of which side tends to hold more tension and check back in frequently to see if the tension is always there or fluctuates with time and even side to side. Tension in different areas of the pelvis means different things for how you are showing up in your life and what you are blocking. Having greater understanding of this area and how your energy flows in your pelvis can really help you manifest your desires and good in a healthy balanced way with ease and flow. One of my Advanced Holistic Treatment of the Postpartum Body practitioners can help you work with this more. If you are needing help in just releasing any scar tissue or tension in your pelvic floor you can see any of my practitioners.

You can check our directory to find a practitioner here:

<https://instituteforbirthhealing.com/birth-healing-professional-directory/>

To greater pelvic health,
Lynn Schulte, PT

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