



Institute *for*
Birth Healing

Pelvic Floor

Massage Report



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HOW TO MASSAGE YOUR PELVIC FLOOR MUSCLES

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 deeper pelvic floor muscles 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. If you are pregnant you want this area to be springy. Try pushing down on the perineal body and see if it can move easily. If it can't, apply pressure and hold until you feel the tissues release. With the tip of your thumb right at the opening move it side to side and see if you feel any tenderness or restrictions. If so massage these tissues until they release and have good mobility without pain. With your thumb just on the inside place your index finger on your anal opening and try pinching the tissues together. Pinch the tissues from one side of the opening to the other side and see if you feel any thickness or resistance. Gently hold that thickened tissue until it melts or releases. 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 birth.

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 your left thumb press into the tissues from 9 to 6 o'clock. Use your right thumb to check the tissues from 6 to 3 o'clock and 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. 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. 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.

Ideally you want soft, supple tissues that move freely when pressure is applied without pain. If you have this on both sides you should be ready to go for birth and intercourse! Enjoy!!