

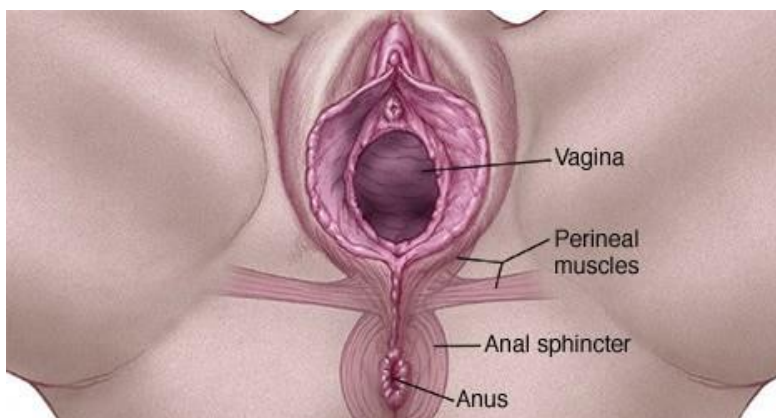
# THE PELVIC PLACE PHYSICAL THERAPY



## Instructions for Vaginal Dilators:

1. Put a generous amount of lubricant along the entire shaft of the dilator and on/in your vagina.
2. Slightly bare down to expand the vaginal opening for insertion of the dilator. Insert the entire vaginal dilator into the vagina.
3. Start by applying pressure down onto the 6 o'clock. This is the point where the superficial and the deep pelvic floor muscles connect. Slowly stretch into 5, 6, and 7 o'clock. Slowly progress to either side from 6 o'clock. Stretch the left, bottom, and right side of the vaginal vault. Be careful to not stretch into 12 o'clock. Landmarks are 3,6, and 9 o'clock - like a smiley face or like the points on a clock.
  - A. Repeat one side for about 1-2 minutes. (3-6 o'clock)
  - B. Repeat the other side for about 1-2 minutes. (6-9 o'clock)
  - C. Then connect the points on the clock for another 1-2 minutes (3-6-9 o'clock)
4. Progress to the next size dilator when current size feels comfortable.

\*You should feel a comfortable, NOT painful stretch. Slight discomfort is OK but pain is not! Be sure to apply pressure through the entire body of the dilator to stretch the walls of the vagina evenly. You can choose to apply heat to the vagina before and after using the dilator to increase circulation and relaxation.



**“Pain-free sex is just a few dilators away.”** [www.PelvicPlacePT.com](http://www.PelvicPlacePT.com)

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