



Intimate Rose

Pelvic Wand



Indications for Use

The Pelvic Wand is a device developed to manage trigger points in the pelvic floor muscles and pelvic pain conditions. Such conditions may be the result of injury, trauma, surgery, or chronic muscular conditions such as vaginismus. This is done by releasing the trigger points through the vagina or rectum.

Common symptoms of pelvic pain due to trigger points or tender points include:

- Achy sensations from deep inside the pelvis
- Burning or painful zinging sensations during intercourse
- Burning sensations while urinating without a bacterial infection
- Inability to tolerate vaginal penetration for sex, medical exams or tampon use
- Pain in the tailbone (coccyx)
- Chronic constipation with an unknown cause
- Pain in the groin
- Pain around the bladder

Our unique, ergonomic design allows you to easily access hard to reach muscles of the pelvic floor. To decrease pelvic pain due to tender points, also referred to as trigger points, the keys to success are use of Pelvic Wand and the practice of pelvic floor muscle relaxation. Your health care provider may have a unique training plan for you in addition to the recommendations made in this

guide. Always consult with a health care provider before starting a new training plan.

Contraindications

- Pregnant patients should not use the wand unless cleared by their birth provider.
- Patients with active infection of the pelvis or genitals should not use the wand until infection is cleared entirely.

Trigger Points and Tender Points

Trigger points are defined as areas of muscle that are painful to the touch. They are characterized by the presence of taut bands or “knots” in the muscle and the generation of a referral pattern of pain. Tender points are areas of tenderness occurring in the muscles.

Chronic pelvic pain creates difficulty with vaginal penetration due to pain in the pelvic floor muscles that may be exacerbated by penetration.

Anxiety, stress, pain, and fear of pain often reinforce the symptoms of chronic pelvic pain. The process of healing involves learning to sense when the muscles spasm and training the brain to relax them prior to the contraction starting.

How to Start

1. Wash the Pelvic Wand with warm water and mild soap.
2. Find a safe, quiet place where you can relax.

3. Decide which end of the wand to use. There are two different ends, one is more pointed, which is used for deeper pelvic floor muscles. The other end is shorter and rounded, which can be used on the muscles near the entrance of the vagina and in the rectum.

4. Use a generous amount of water-based lubricant on the first 1 to 2 inches of the Wand, as well as the opening of the vagina or rectum. The use of a water-based lubricant is important to preserve the medical grade silicone of the wand.

5. Start by lying on your back with your knees bent and feet planted. Some people may prefer to lie on their side instead. If that's the case, be sure to bend your knees and support your top leg with a folded pillow between your knees.

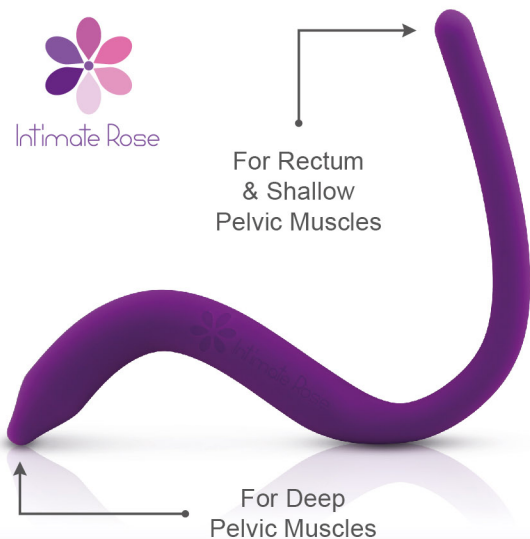
6. Begin your session by breathing in and allowing your belly to expand, followed by exhaling, allowing your belly to slowly fall. The act of slowly exhaling helps to naturally relax the pelvic floor muscles. Repeat the deep breathing pattern, and continue to do so steadily and deliberately. Gently bring the wand to the opening of your body and carefully insert it on an exhale.

7. Gently sweep the end of the wand until you encounter a tender point. When you find a tender point, gently compress the end of the wand into the tender point with the

same firmness you would use to check a tomato for ripeness. Press firmly but not so hard the “tomato” would be squished.

8. Maintain gentle pressure on the tender point and slowly move your bent knee left and right until you find a position that stops the pain in the pelvic floor muscle. When you find this position, remain there for 1 to 2 minutes to allow the tender point to fully release. Continue to breathe deeply.

9. Repeat this process 1 or 2 times per day as needed.



General Maintenance

Clean the Pelvic Wand with warm water and soap before and after every use.

1. Before every use, examine the wand for cracks. If found, discontinue use and contact Intimate Rose for a replacement.
2. Use the wand as directed or for 1 to 2 minutes on each tender point.
3. Empty your bowel and bladder before each use.
4. Only use a water-based lubricant, preferably Intimate Rose Velvet Rose Lubricant.
5. Trigger point release should accompany a pelvic floor muscle relaxation practice for best results.
6. Store the wand in a cool, dry place and never store it in extreme temperatures.
7. Never share your wand with others.
8. If you find a defect in your wand, contact us for a replacement at: Support@IntimateRose.com

Pain With Penetration

Pelvic pain due to trigger points is often associated with painful sexual intercourse. Many people have difficulty with penetration and benefit from the use of vaginal dilators, also referred to as vaginal trainers.



Intimate Rose Vaginal Dilators are available in eight sizes to help you reach your goals. These products can be used as part of a comprehensive pelvic pain program.

Visit **IntimateRose.com/dilators** for more information.

Warning:

This non-sterile device is designed for single person use only. Not manufactured with Natural Rubber Latex. Do not use silicone-based lubricants. For best results, use Velvet Rose water-based lubricant by Intimate Rose. Do not force the wand into the vagina or rectum. Use a slow, gentle approach and do not compress the wand into the body harder than you would compress a tomato when checking for ripeness.

Important notes regarding bleeding:

If light bleeding occurs with treatment cease use for a few days and use additional lubricant. If heavy bleeding occurs, cease use and seek medical treatment immediately.

Important notes on hygiene:

Wash hands and wand with mild soap and warm water before and after each use. Rinse thoroughly. If wand feels cold, hold it under warm water and dry. Apply a generous amount of the Intimate Rose Velvet Rose Lubricant to the end of the wand and insert gently.

A note from Dr. Amanda



You are not alone,
join our community of women for
support and advice.

Facebook.com/groups/IntimateRose
Support@IntimateRose.com
IntimateRose.com/wand

    IntimateRose

Dr. Amanda Olson, DPT PRPC,
the creator of the Pelvic Wand.

Also used with the Pelvic Wand



For pelvic pain
products & intercourse



For daily
dryness

IntimateRose.com/lubricants

Manufactured For: Intimate Rose

North Kansas City, MO 64116

Made in PRC