

TheraWand™

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Use of the TheraWand is a key component in a multi-faceted approach involving physical therapy and relaxation techniques. The TheraWand can be used intravaginally or intrarectally in women and intrarectally in men to access myofascial trigger points in the pelvis to replicate what physical therapists do with trigger point release or massage. With correct use patients are able to 'direct' the therapy themselves allowing a greater sense of control over their own therapy, as well as being empowered physically and psychologically.

Therapeutic use of the TheraWand can address pelvic pain, reduce core stress, increase sexual health and generally improve the quality of life.

Please use as directed by your health care practitioner. **CAUTION:** After anal insertion, make sure to clean your TheraWand before any other insertion rectally or vaginally. Do not insert rectally past the first curve of the S shape. Clean your TheraWand™ with soap and warm water or a natural disinfectant (i.e. grapefruit seed extract.) **DO NOT CLEAN WITH ALCOHOL.**

Disclaimer: TheraWand is not responsible for the misuse of this product. Our statements are suggestions only. This product is for novelty use only.

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TheraWand™

**The physical therapist's
1st choice for
pelvic therapy!™**



**TheraWand's design was
created with input from
physical therapists specializing
in pelvic therapy**

We pride ourselves in being directly available to our customers by phone or email and welcome your comments or suggestions.

www.therawand.com

Congratulations on your purchase of one of the most specialized and highly-regarded pelvic floor treatment tools: the TheraWand™. The TheraWand™ has been specifically designed to be used by men and women vaginally and rectally to address adhesions, soft-tissue restrictions and tight muscles. The gentle curves and tapered ends empower you to control the exact amount and location of pressure applied.



The recommended position for TheraWand™ is semi-reclined with your upper body fully supported. Apply lubricant to the end of the TheraWand™ and slowly insert. Once you find a tight soft-tissue restriction, apply very gentle, sustained pressure into the restriction for 5-7 minutes. This allows it to soften and fully release. Breathing into the sensations while applying pressure allows several layers of tissue to become more fluid, encourages the natural healing process, and can also reset muscle memory effects.



If the opening were like a clock, focus your pressure on the regions 1-to-5 and 7-to-11 as this is where the majority of the soft tissue lies. Be sure to be gentle and follow the guidelines set by your therapist or practitioner. While massage strokes may ease tightness temporarily, complete release only occurs with gentle pressure sustained for 5 minutes or longer. Use the TheraWand™ as often as you choose, or as directed by your healthcare professional.

