

Instructions for using the Trigger Wand

The Trigger Wand was specifically designed for safe and effective release of the back (posterior), front (anterior) and side (lateral) pelvic floor musculature and is inserted anally. Posterior pelvic floor muscle tightness/hypertonicity are often responsible for both coccyx/tailbone and rectal pain syndromes. The symptoms of posterior pelvic floor muscle hypertonicity may be pain with sitting, defecation, sexual penetration as well as erectile and post-ejaculatory pain.

The probe's design meets the challenges faced when releasing these muscles through the anus. The two release ends are small in diameter allowing easy passage through the anal sphincter. The shape and length of the Trigger Wand handle allows the individual to create just enough pressure to be effective without the risk of slipping too deeply or too fast. The shape was designed to minimize strain on the spine.

Instructions for use:

Lie on your back, propped up on pillows. Generously lubricate around the anus and the release end of the Trigger Wand.

Use the knobular end to release the anterior portion of the pelvic floor towards the penis or vagina.

- Hold the handle near the flat end.
- Slide the knob into the anus.
- Gently move the handle to find any trigger points from about 9 to 3 pm on the pelvic clock.
- Initially stay focused on the area for only 15 seconds, eventually building up tolerance to 60-90 seconds and it may take longer.
- Take relaxing, slow deep breaths while you release.

Use the flat end to release the posterior portion of the pelvic floor toward the coccyx.

- Hold the handle at the top of the U with the knob away from your body.
- Slide the flat end into the anus.
- Once fully in the anus, slowly and gently turn the handle so the knob is toward your body.
- Gently move the handle to find trigger points from about 3 to 9 on the clock.
- Hold each trigger point until it relaxes while taking long, slow deep breaths.

When removing either release end, stay as relaxed as you can and move very slowly so as not to trigger your body's natural reflex to push, stool specifically, out of the anus. This avoids re-triggering of the muscle spasms.

Normal response:

Proper trigger point pressure may lead to some cramping and soreness for a day. Over time your trigger points should get less and less painful during and after release.

Abnormal Response:

Improper trigger point pressure may lead to severe cramping and pain for more than a day. Decrease trigger point pressure for release during next session. Monitor response. Consult a Physician and/or Pelvic Floor PT if abnormal response continues.

Cleaning the Trigger Wand[®]: We recommend using warm water and a mild, disinfecting soap. A natural disinfectant such as grapefruit seed extract may also be used. **Do not use Alcohol or harsh chemicals to clean as this may cause damage to the wand.**

Disclaimer: Please consult with a physical therapist or healthcare practitioner prior to use. See all risk and warning statements included in attached insert.