

Perineal Massage

PREPARATION

1. Pregnant woman (PW) empties bladder
2. PW shower/bath or warm compress on clean perineum for 5min
3. Support person (SP) wash hands well
4. PW Comfortable position where pelvic floor relaxation is possible
5. Lubricant on SP fingers for pain free insertion
6. SP Part labia wide (without discomfort)

TWO FINGERS: index + middle

Straight Slow Pulls

7. SP Insert 2 fingers with palm facing anus
8. Slowly pull straight down until PW says stop
9. Stay still
10. PW use breathing/relaxation strategies that work best for her until discomfort subsides
11. Repeat steps 8-10 until maximum non-threatening stretch achieved and held for up to 30 seconds



12. Repeat steps 8 to 11 heading to PW's right. Rest
13. Repeat steps 8 to 11 heading to PW's left. Rest



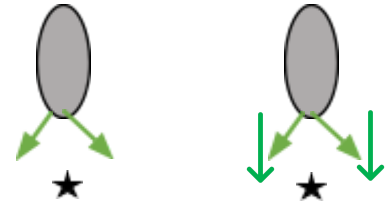
Slow sweeps

14. Maintain stretch + slow sweep from her right to left. Rest
15. Maintain stretch + slow sweep from her left to right. Rest



Two thumbs

16. Lube on both thumbs
17. Insert 1 thumb, then the other. Fingers wide open in a "grabbing cheeks" position
18. Move internal skin towards the centre "cat pad"
19. Slow stretch on both sides at once
20. Stay still/relax/repeat as per step 11
21. Slow pull towards anus while stretch maintained



Try varying positions:

- PW lying on her side
- PW on all fours
- PW standing leaning

Practice _____ x/week for _____ minutes