

LAB: Internal Levator Ani Release

INTENTION: To release the pelvic floor muscles internally



OR



PATIENT POSITION	Supine
HAND POSITION	Internal finger facing down on levator ani muscles. Other hand fingers and palm cupping both ischiums OR Fingers on coccyx and palm on same side ischium hand coming in at 45 angle
DIRECTION OF MOTION	Ischiums are brought together OR coccyx anterior, ischium medially as pressure is placed on tight pelvic floor muscles internally
ASSESSMENT	Increased tension in pelvic floor muscles
TREATMENT	Compress coccyx up toward ceiling, ischium medially as pressure downward on levator ani muscle internally until release is felt.

Special Notes: If muscle is not releasing within a minute start with breath and awareness then use other steps mentioned in lecture. NEVER FORCE THE MUSCLES TO RELEASE and NEVER CREATE PAIN!