



M Y S T E R Y V I B E

CRESCENDO / CRESCENDO 2
POSITIONS FOR PELVIC PAIN

USING CRESCENDO 2 FOR PELVIC PAIN

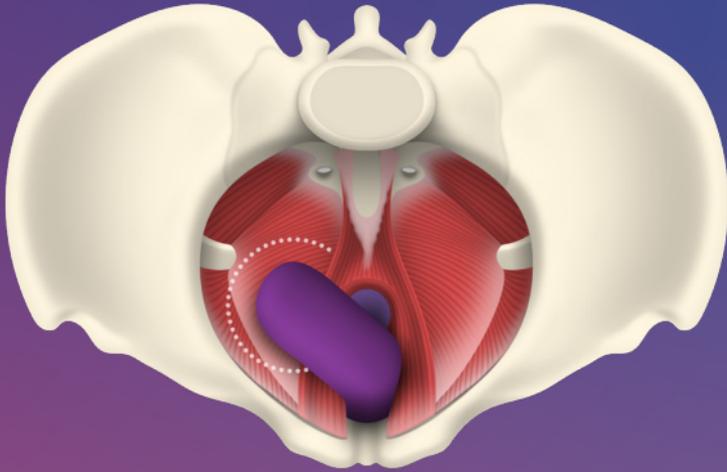
Pain may be experienced anywhere on the pelvic floor muscles. Pelvic floor exercises, which are coordinated control of the pelvic floor muscles, can help reduce this pain by improving the muscle tone, mobility, and strength.

The pelvic floor muscles need to be worked and released both internally and externally. This is why clinicians recommend vibratory stimulation to promote proper function and pain reduction. Crescendo 2 is highly effective for this as it can be bent at 5 points to precisely reach all the areas of the pelvic floor where pain may be located.

To use Crescendo 2, start by inserting it straight or slightly bent. Once inside, slowly and gently move Crescendo 2 over your pelvic floor muscles to feel and find all your tender / painful points. To release the muscles, try these options:

- 1: **Sustained pressure:** Find a tender point and hold the pressure. If your pain allows it, turn on the vibration as this would make it more effective than pressure on its own.
- 2: **Massage:** Move along the muscle or tender area with Crescendo 2 vibrating if your pain allows it.

BEND GUIDE



Here are some of the most frequently recommended positions by pelvic floor therapists. These are not exclusive positions, and we encourage trying different positions and angles to find what works best for you.

This is an accessible way to start treating your pelvic pain. For a more individualized and specialized treatment, please consult a Pelvic Health Therapist in your area.

Dr. Kat Nasseri - Board Certified Pelvic and
Abdominal Health Physical Therapist

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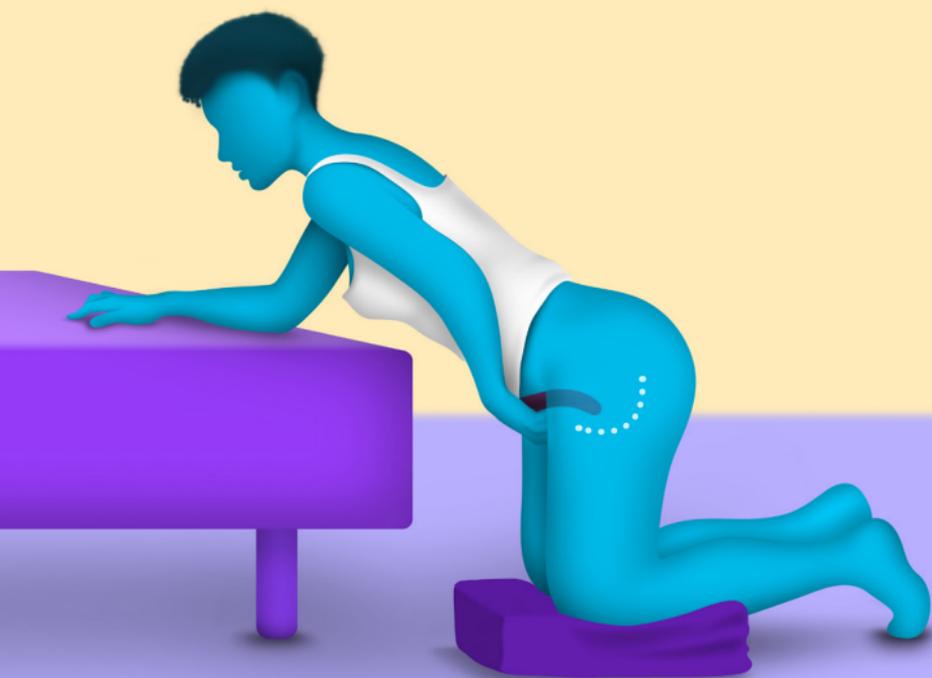
CRESCENDO 2 | **1**
position

For Pelvic Pain



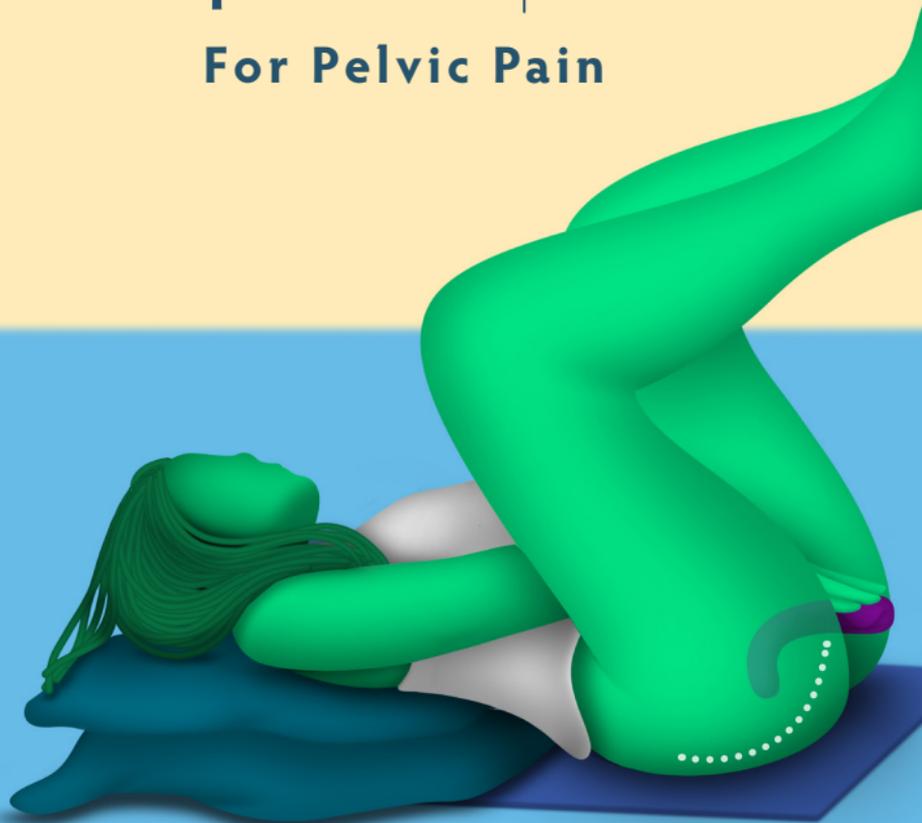
CRESCENDO 2 | **2**

For Pelvic Pain



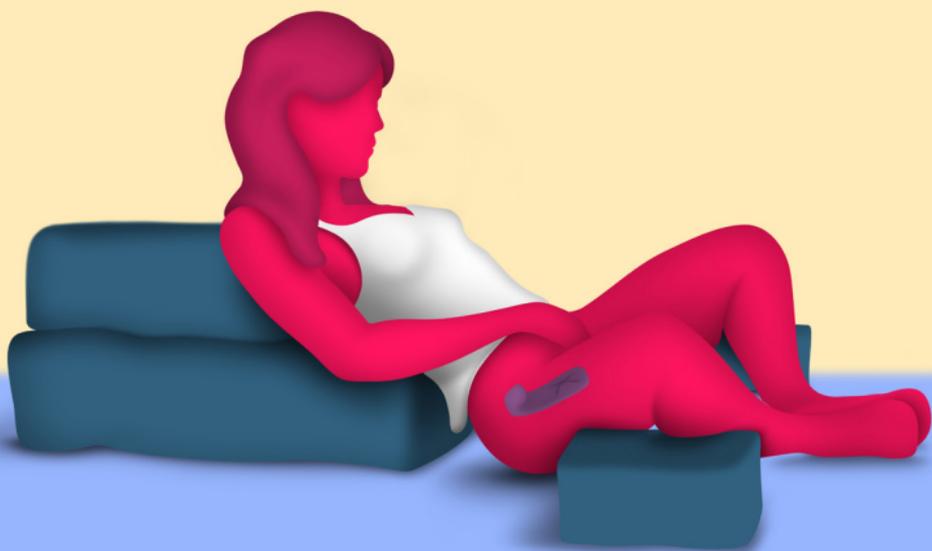
CRESCENDO 2 | **3**
position

For Pelvic Pain



CRESCENDO 2 | **4**
position

For Pelvic Pain



M Y S T E R Y V I B E

CRESCENDO 2 | **5**
position

For Pelvic Pain





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