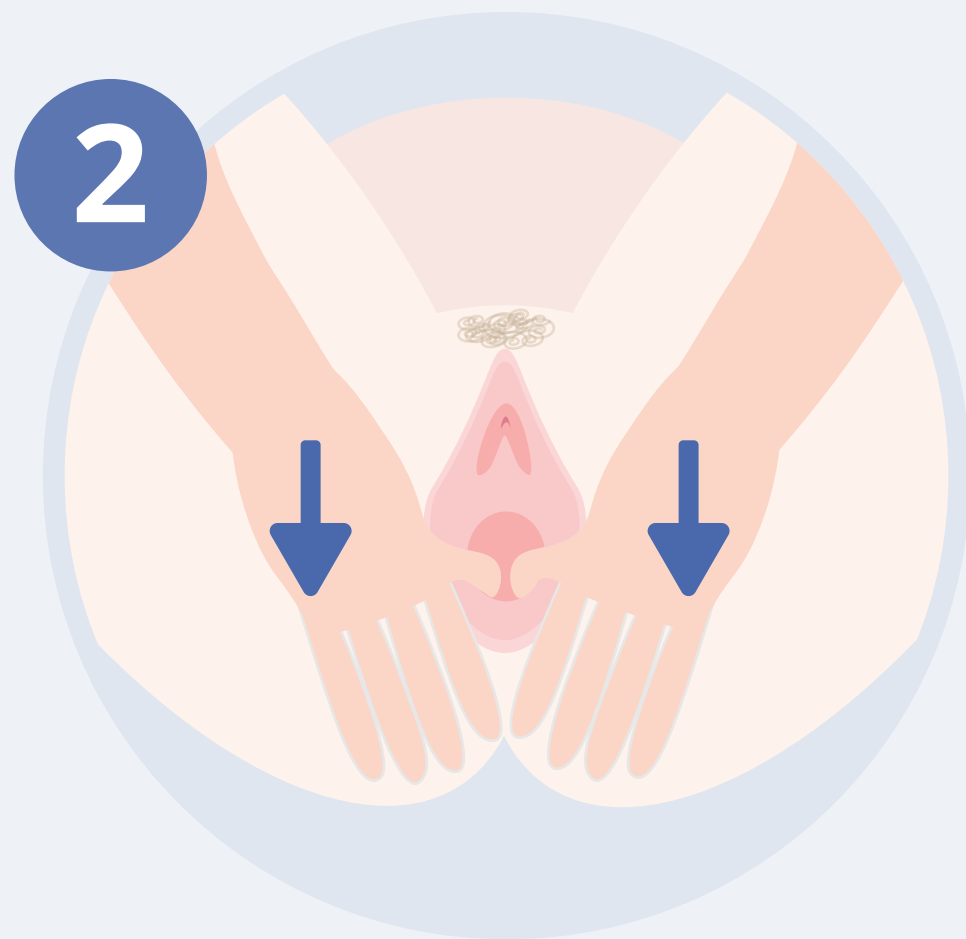


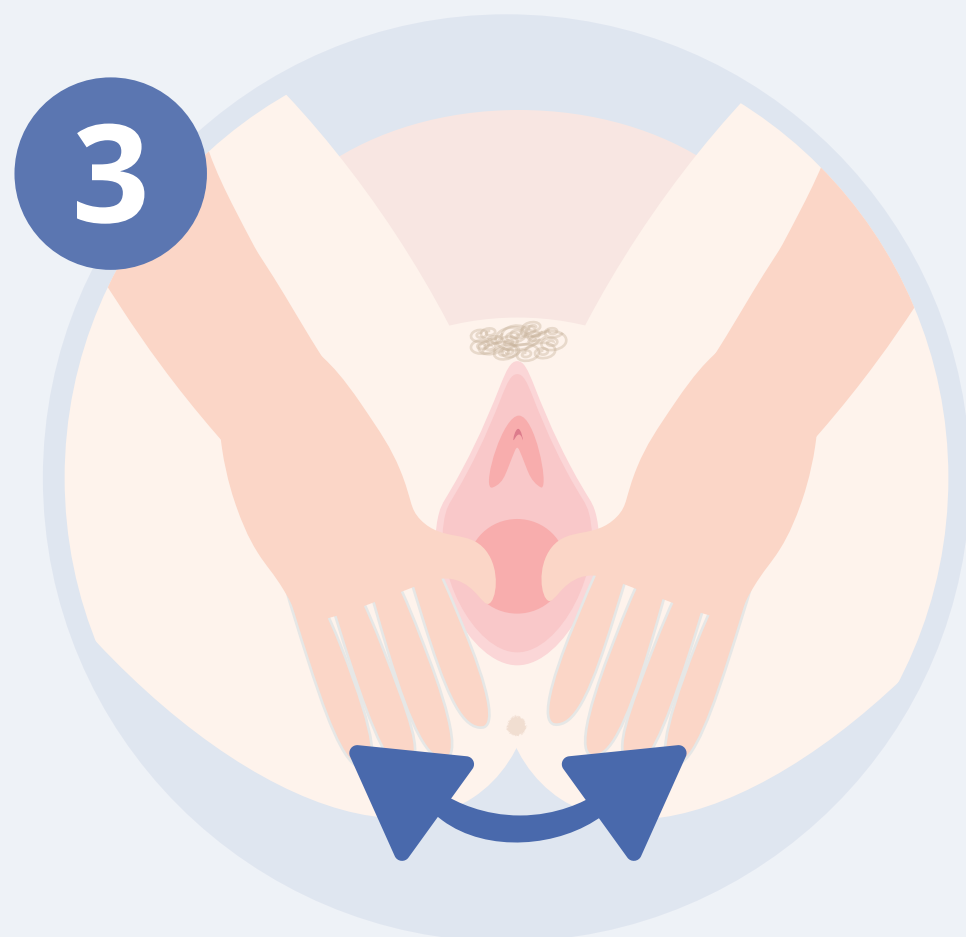
How to do a perineal massage



Gently insert your thumbs or 1-2 fingers



Gently push downwards (towards your anus)



Then to the sides of your vagina

Hold the stretch for up to 2 minutes and release.
A perineal massage should not last longer than 5 minutes.