

When Not to Use:

- Avoid using the Release with:
- Active infection in the vagina or the vulva
- Burning, tearing or irritation and/or bleeding at the vagina, vulva or anus

Cleaning and Storage

- The Release is made of non-porous silicone and non-penetrable for bacteria).
- After each use wash your Release with any type of anti-bacterial soap and warm water. Be sure to lather the soap generously all over the device with clean hands for at least 20 seconds. Rinse with warm water and dry thoroughly.
- Once completely dried, your Release can be stored in its protected pouch.

Warranty / Return Policy

- The Release has a 30-day money back policy provided that the device has not been used and is still in its sealed package. Shipping charges are not refundable. Your refund will be based on how it was originally purchased. After 30 days, you will be given a CMT store credit only. After 45 days, the product will be un-returnable.
- If the sealed package is broken, ripped or damaged in any way it can no longer be returned.

Contact Us

- If you have questions about the Release you may contact us at 800-382-5879 or email your questions to info@cmtmedical.com
- If you have questions on the use of the product, please refer back to your Clinician.

Pany Nazari, PT, DPT, BCB-PMD *Clinical Design Consultant*

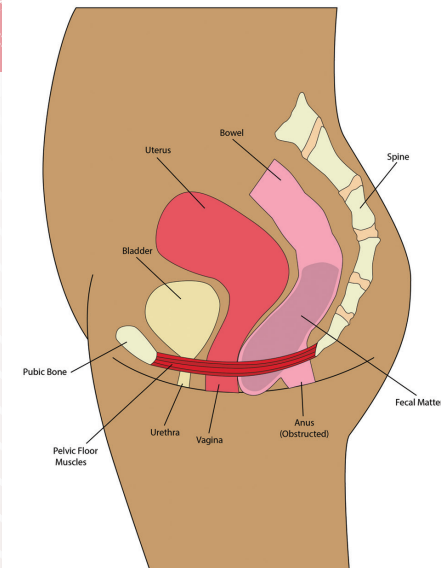
Dr. Pany Nazari received her BS degree in 1994 from Howard University in Washington, D.C., and her doctorate degree in 2016 from Northeastern University in Boston, MA. For the first decade of her career she focused on mastering the assessment and treatment of a variety of orthopedic issues, with a focus on the spine, sacro-iliac joint, and pelvis. Since 2005, Pany has dedicated her educational and clinical concentration on pelvic floor rehabilitation. She is a fellow and is board certified in the use of Biofeedback for Pelvic Muscle Disorders and holds certification as a Pelvic Rehabilitation Practitioner from the Herman & Wallace Pelvic Rehabilitation Institute. Aside from teaching for Herman and Wallace Rehab Institute, she has recently been appointed as a clinical instructor for George Washington University in the Department of Physical Therapy and Health Care Science. She now works in a multidisciplinary wellness center in McLean, Virginia."



Release

Instruction Guide

Figure 2 Rectocele



“The Release enhances your quality of life by providing ease of bowel movement with less discomfort and better efficiency”.

Genetics, pregnancy, delivery, heavy lifting, poor breathing and

or chronic straining can lead to structural and anatomical changes in a woman’s pelvic structures. These changes can lead to weakened and compromised support for the pelvic organs (vagina, uterus, rectum and/or bladder). These conditions are often referred to as pelvic organ prolapse or pelvic relaxation.

Difficulty emptying the bowels without constipation is usually due to these anatomical or mechanical changes. Women with these problems experience prolonged and/or ineffective

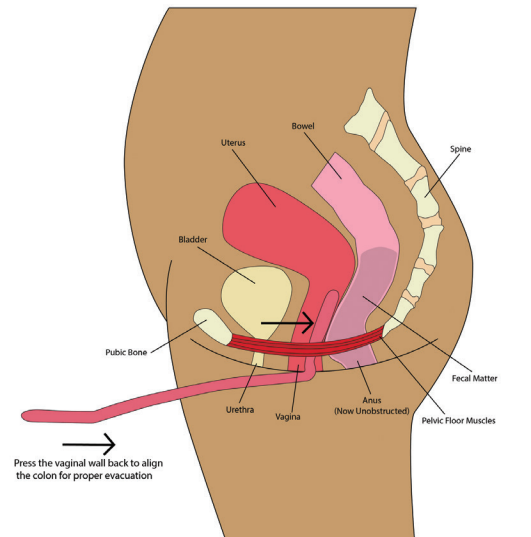
pushing, and often have to manually support the perineum (tissue between vagina and anus) and/or back wall of the vagina to have a bowel movement. upright position is resumed.
Features and Benefits:
The benefits of using the Release is to support the pelvic tissues so that the bowels can fully evacuate without straining, and to protect vulnerable tissues from further stress.

- During pregnancy – constipation and straining during pregnancy can potentially create a rectocele or weaken the pelvic floor muscles. Using the Release could reduce the risk of these conditions developing or progressing. The long handle of the Release is designed to accommodate reaching the pelvic area during pregnancy (and with increased abdominal girth).
- Constipation or history of constipation – any type of straining and/or ineffective emptying of the bowels tends to contribute to stress and strain on structures that support the pelvic organs. Using the Release could protect against damage to these tissues.
- Difficulty initiating bowel movement – increased descent of the perineum can make pushing for a bowel movement ineffective due to poor distribution of pressure from the abdomen. Bulging of the rectal wall into the vaginal canal (rectocele) creates a pocket where stool can get stuck. The Release helps to create a more normal anatomical position of the surrounding tissue so the bowels can be emptied with ease.

Instruction for Use

- The Release provides two options for management of obstructed defecation.

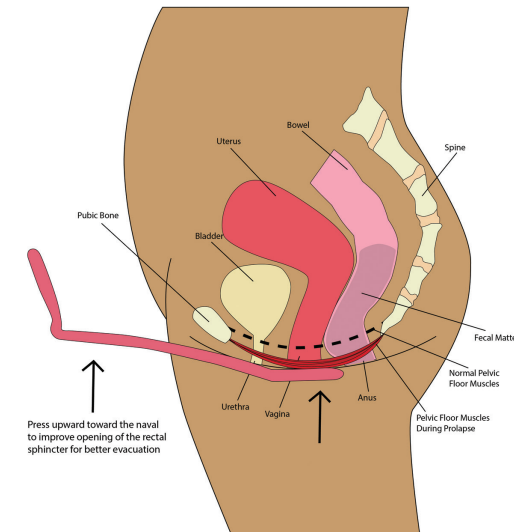
Figure 3 Use of the Release for rectocele management



- **Rectocele (fig. 3)** – This is defined as bulging of the rectal wall into the vaginal canal. The short head of the Release is inserted into the vaginal canal. While holding the long handle in your hand, apply a gentle but firm pressure to the back wall of the vagina as you start to defecate. This creates a support for the pocketing of the rectum by creating a wall for easy passage of stool.

- **Descent of the perineum (fig. 4)** – the perineum (the wall between the vagina and the anus) can descend more than usual when there is tissue laxity and increased abdominal pressure is used to start the bowel movement. The long head of the “device” is placed over the perineum with a gentle but firm pressure upward toward the navel.

Figure 4 Use of the Release for pelvic floor drop management



This supports the perineum so the anal sphincter can open more effectively for ease with defecation.

- It is recommended to use the long head externally at the perineum and short head vaginally against the back wall of the vagina.

DO NOT INSERT THE DEVICE INTO THE VAGINAL CANAL IF IT HAS BEEN USED EXTERNALLY UNLESS THOROUGHLY CLEANED.