
PAINFUL INTERCOURSE

definition

Any pain or discomfort associated with any sexual activity, including arousal, penetration or orgasm.

symptoms

Symptoms can include pain with arousal, with initial penetration, after orgasm, or a deep pain that can last for hours or days after intercourse. Low back pain, urinary urgency/frequency and recurring UTIs can also accompany painful intercourse.

diagnosis

While common, pain with intercourse is never normal. Different medical terms may be used (vulvodynia, dyspareunia, vaginismus, muscle spasm, etc.), but in general they are simply synonyms for 'painful intercourse.'

PT

The pelvic floor muscles are responsible for all sexual activity, and must both relax and contract in rapid succession. Tight muscles or trigger points can make initial penetration difficult or painful, and cause pain to linger after intercourse.



pelvic floor physical therapy is the most proven treatment for Painful Intercourse

The most proven treatment for painful intercourse, pelvic floor physical therapy can naturally and sustainably resolve symptoms.

Clinical trials have shown pelvic PT is nearly twice as effective as a numbing cream, and women reported their satisfaction with physical therapy as a 9 out of 10.

multi-disciplinary approach

PATIENTS ALWAYS BENEFIT FROM A MULTI-DISCIPLINARY APPROACH IN ADDITION TO PHYSICAL THERAPY. THIS CAN INCLUDE ONE OR MORE OF THE FOLLOWING:

Lowering stress levels with gentle exercise, meditation, yoga, deep breathing, or working with a sex therapist can reduce anxiety around intercourse.

STRESS RELIEF

In some cases dilators (or a set of dilators) can be used to increase blood flow, improve tissue health, and stretch out the vaginal muscles.

DILATORS

Managing and stabilizing hormone levels can reduce symptoms, either with a topical cream or oral hormone therapy.

HORMONE THERAPY

If there is a feeling of dryness with intercourse, adding a personal lubricant can reduce irritation. A pelvic PT can help decide what kind is best for you.

PERSONAL LUBRICANT

Some therapists specialize in dealing with sexual dysfunction, helping reduce anxiety around sexual activity and facilitating open communication with your partner.

SEX THERAPIST

additional resources

www.PelvicSanity.com/Painful-Intercourse

Finding Pelvic Sanity Online Support Group (www.Facebook.com/groups/FindingPelvicSanity)
