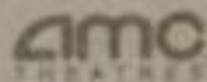


This Machine is temporarily Out of Order.

Sorry for the Incontinence





# **When Sex Hurts : Pelvic Floor Exercises to relief Vaginismus**

**16 Aug 2014**

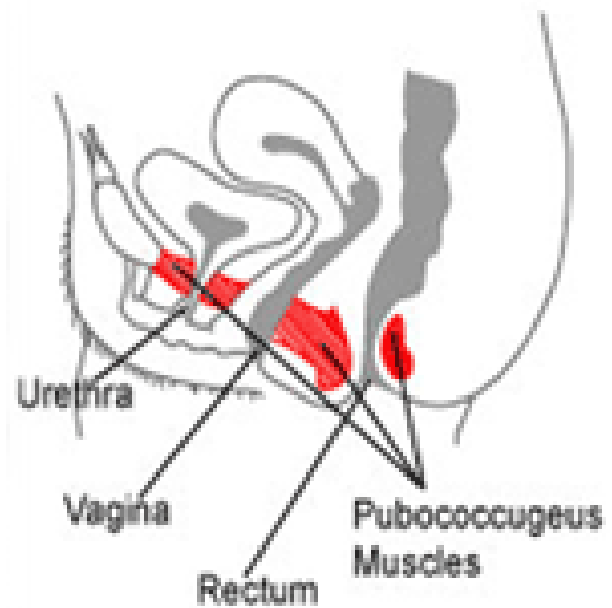
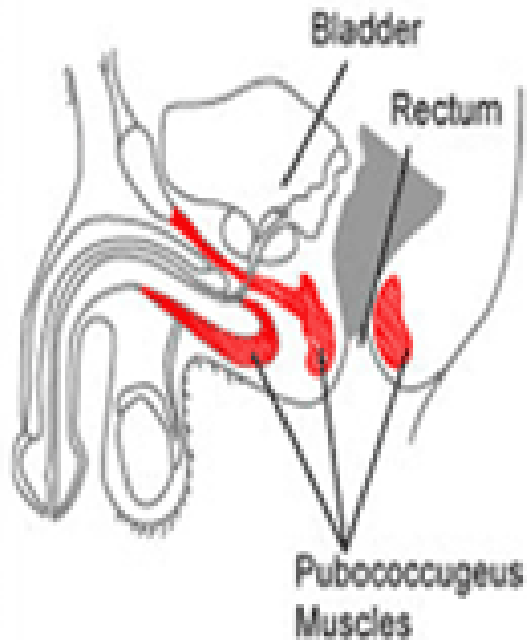


# Covering...

- 1. What is Kegels?**
- 2. Benefits of Kegels**
- 3. Visualisations for Kegels**
- 4. Just do it!**



# What are Kegels?



# Female Sexual Dysfunctions



- **Hypoactive Sexual Desire Disorder**
- **Sexual Aversion Disorder**
- **Sexual Arousal Disorder**
- **Female Orgasm Disorder**
- **Sexual Pain Disorder**
  - **Dyspareunia**
  - **Vaginismus**



# Vaginismus

## VAGINISMUS - SEXUAL INTERCOURSE DIFFICULTIES



Impossible Penetration



Tightness & Pain

Impossible Penetration

Tightness & Pain



# Pain during sex

60%

**Recent studies suggest that more than 60% of women report current or previous episodes of pain during sexual relations. Fewer than half of these women discussed this pain with their doctors.**

**The pain occurs only with penetration. It usually, but not always, goes away after withdrawal.**



# Menopause

**Spotting or bleeding can occur after sex if the vagina is too dry.**

**Menopause itching due to dryness can also become painful and annoying.**

**Symptoms may begin many years earlier, and for months or years afterwards.**





# Male Sexual Dysfunctions



- **Inhibited Sexual Desire Disorder**
- **Sexual Aversion Disorder**
- **Dyspareunia**
- **Premature Ejaculation**
- **Inhibited Ejaculation**
- **Erectile Disorder**

## Benefits of Kegel Exercises

```
graph TD; A((Benefits of Kegel Exercises)) --- B((Strengthen Pubococcygeus muscles (PC muscles))); A --- C((Improve sexual response and function)); A --- D((Recover from physical stress of childbirth)); A --- E((Prevention and treatment of urinary stress incontinence)); A --- F((Increase thickness of the vaginal - wall and lubrication after menopause)); A --- G((Restoration of vaginal muscle tone and improved vaginal health)); A --- H((Increase blood flow and nerve supply to pelvic region))
```

- Strengthen Pubococcygeus muscles (PC muscles)

- Improve sexual response and function

- Recover from physical stress of childbirth

- Prevention and treatment of urinary stress incontinence

- Increase thickness of the vaginal - wall and lubrication after menopause

- Restoration of vaginal muscle tone and improved vaginal health

- Increase blood flow and nerve supply to pelvic region

# Benefits of Kegels

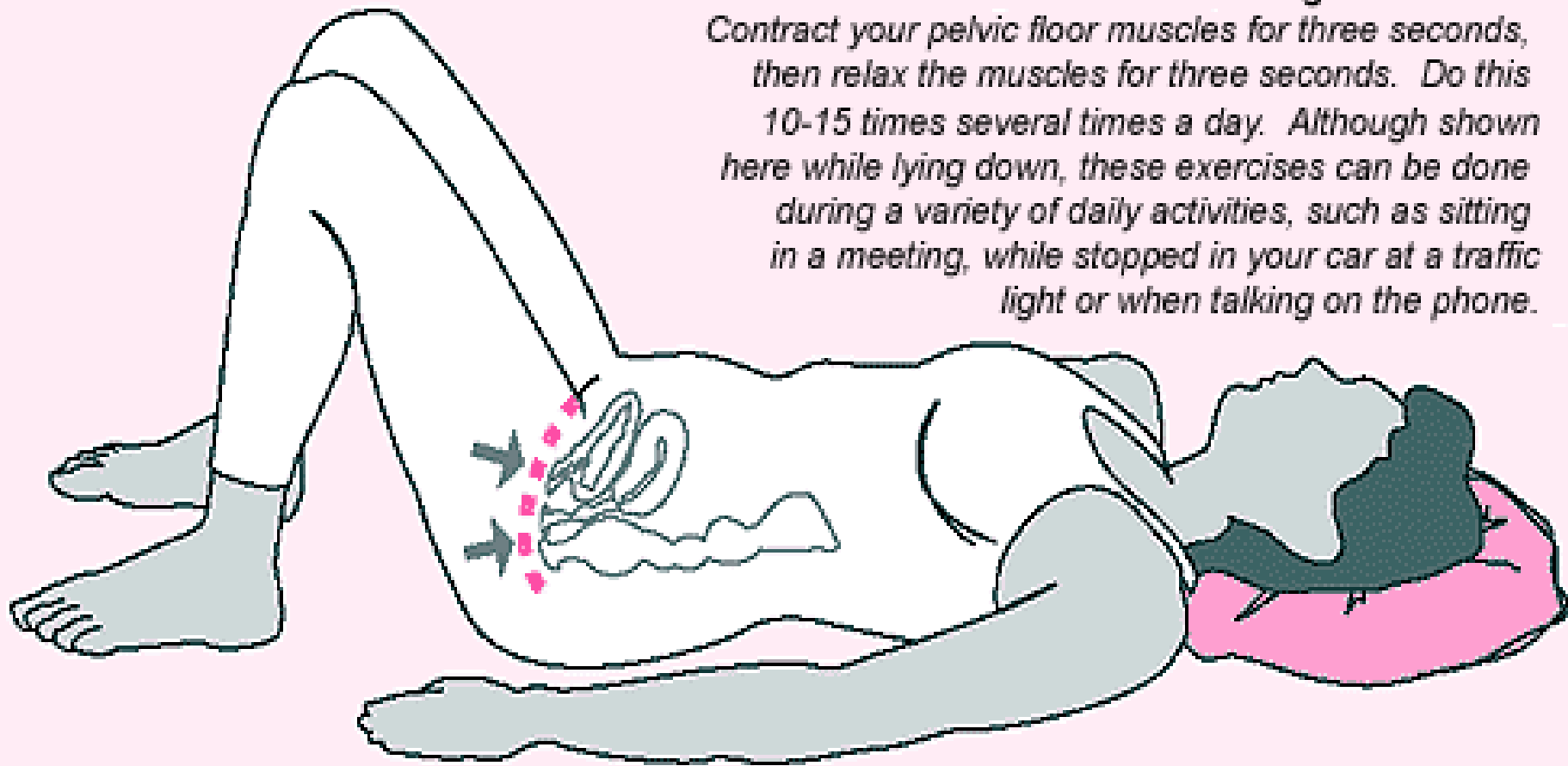
- Increasing body awareness
- Constipation relief
- Erection strength
- Ejaculation control
- Facilitating childbirth, pregnancy
- Hemorrhoids healing
- Hormonal imbalance remedy
- Incontinence treatment
- Infection prevention
- Infertility management
- Inner strength and flexibility
- Menstrual problems treatment
- Pelvic organ prolapse (POP) regression
- Self-esteem development
- Sexual satisfaction
- Uterine abnormalities treatment
- Varicose veins curing

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### **Kegel Exercises:**

*Contract your pelvic floor muscles for three seconds, then relax the muscles for three seconds. Do this 10-15 times several times a day. Although shown here while lying down, these exercises can be done during a variety of daily activities, such as sitting in a meeting, while stopped in your car at a traffic light or when talking on the phone.*

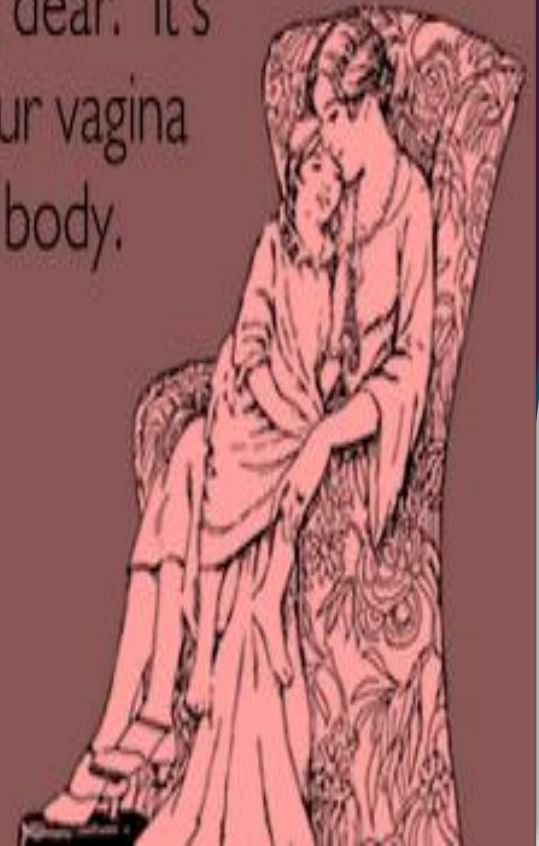


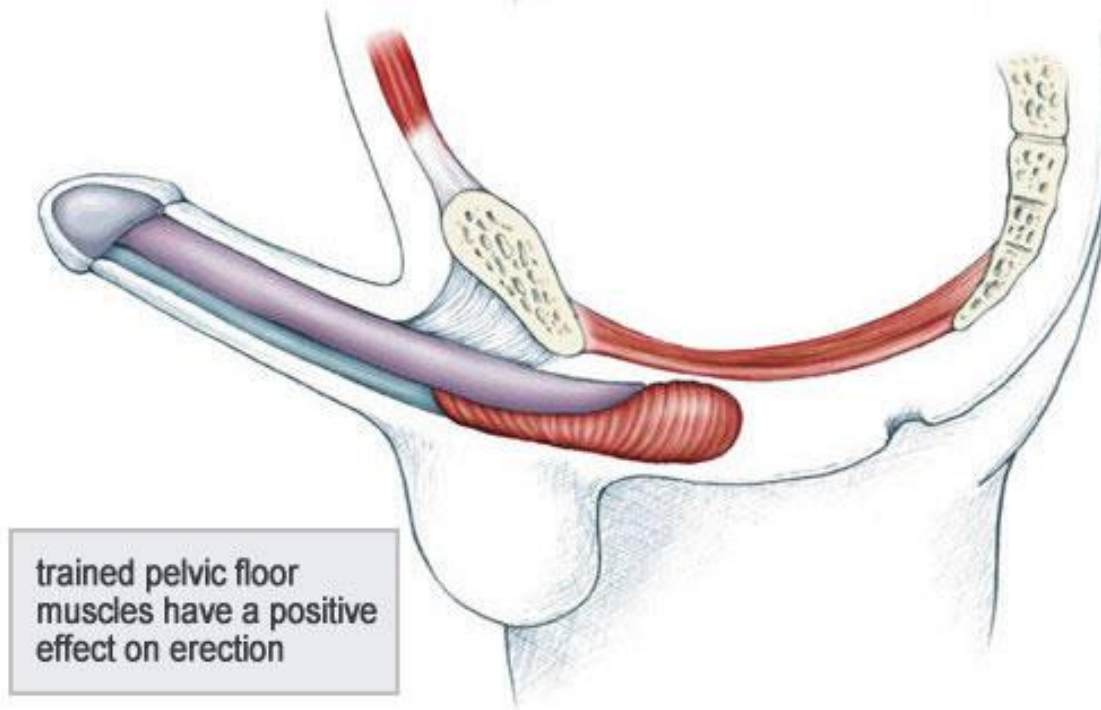
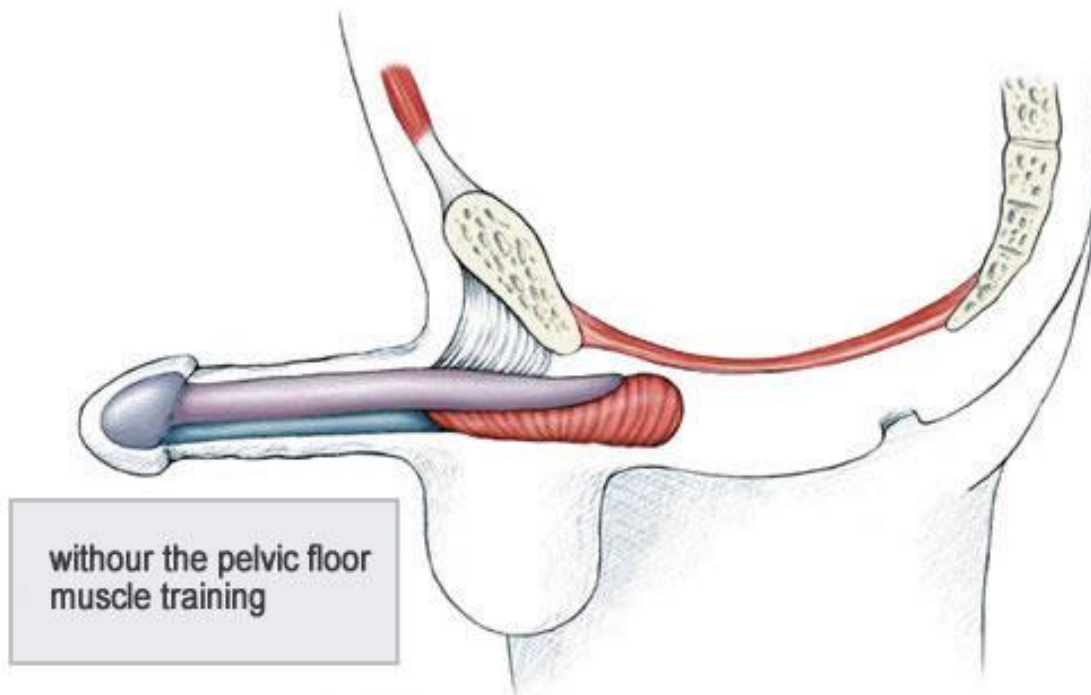


# KEGELS

1. **Frequency**
2. **Duration**
3. **Intensity**

Do your Kegels, dear. It's nice to have your vagina stay inside your body.





# Which position?



## Any position

- Lying on back
- On side
- On front
- Sitting
- Standing
- Whilst having sex etc.

I'm doing kegel exercises right now.



# When?



## Any time

(Prompts/ Cues)

- Every time the phone rings
- Waiting in a queue
- In a meeting
- Before every squat in class



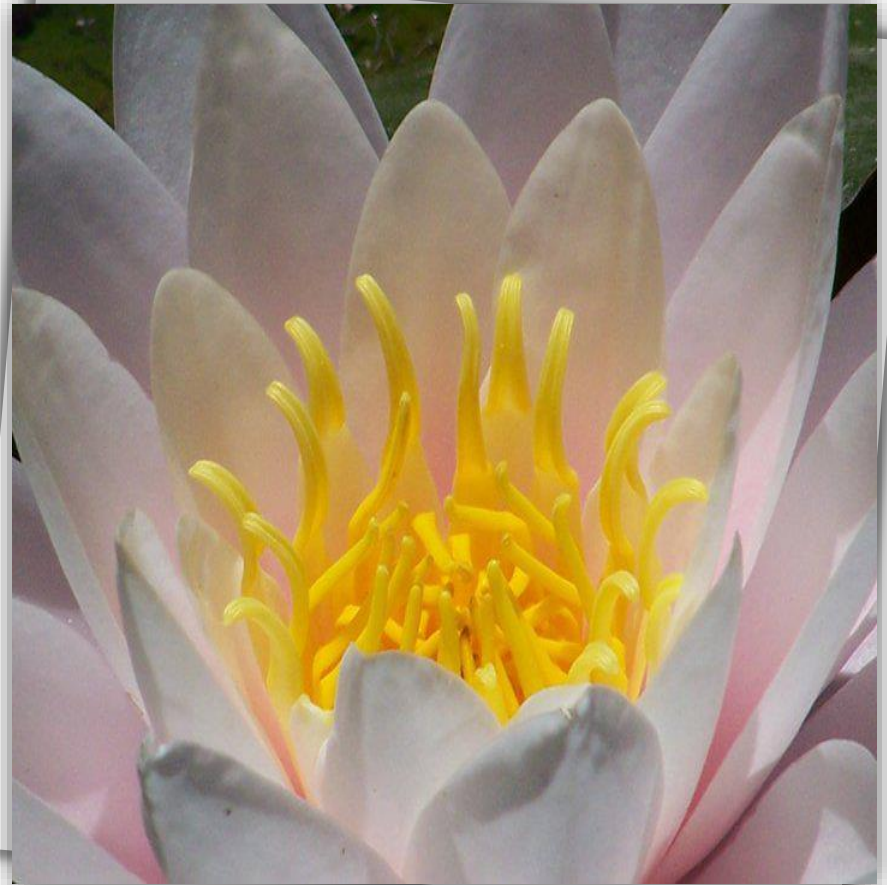
## **Let's Exercise!**

- 1. Draw up and close the anus i.e. “visualise trying to stop ‘breaking wind’, or a bout of diarrhoea”,**
- 2. Pull up and close the urethra front passage “visualise trying to stop passing urine when desperate”**



# Creative Visualisations

1. **Lift/ Elevator**
2. **Kiss (imagine kissing with labia)**
3. **Imagine sucking up through perineum with a straw**
4. **Bringing the tailbone towards the pubis**
5. **When having sex - contractions**



We could go for a run on  
Bayshore... or... we could drink red  
wine and do kegel  
exercises.



som<sup>ee</sup>cards  
user card

# Let's Play – Inner Pump



- ✓ **Basic PF Pump**
- ✓ **Breathing Pump =  
Basic PF Pump +  
breath**
- ✓ **Holding the PF Pump**
- ✓ **Pulse the Pump**



# Let's Play – Benefits of Outer Pump



## Pelvic Rocking

- ✓ Pumps cerebral-spinal fluid
- ✓ Stimulates multiple nerves
- ✓ Improves blood flow
- ✓ Generates sexual energy
- ✓ Stimulates ancient mating reflexes



# Let's Play – Outer Pump



- ✓ **Pelvic Warm-up:** Shake your booty
- ✓ **Pelvic Rock:** Tilt your pelvis up and back
- ✓ **Shimmy & Shake:** Shimmy your hips

# Let's Play – Integrated Exercises



## Sexual Breathing Exercise:

- ✓ Basic PF Pump
- ✓ + Breathe
- ✓ + Visualise (body + genitals)

## Rock the House:

- ✓ Add the Pelvic Rock!
- ✓ Tilting and shimmies

## Pelvic Ping-Pong (With partner)

# Ben-Wa Balls

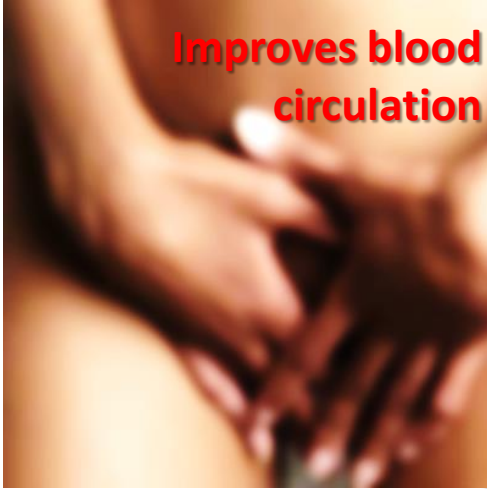


# Barbells and Plugs



# Sexual Health

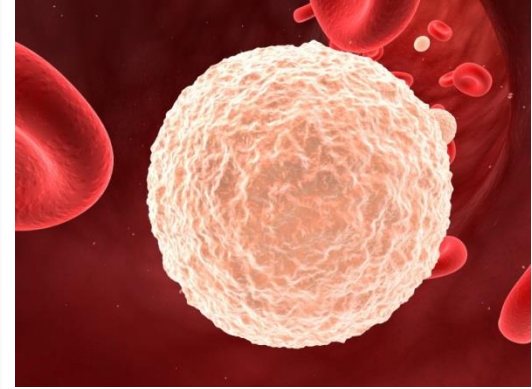
**Improves blood  
circulation**



**More  
awareness  
of genital  
sensations**



**Flow of white blood cells**



**Bathing of oxygen and  
circulating sex  
hormones**



**May slow  
down  
hormone-  
dependent  
aging**



**More  
youthful  
skin**



“TOO MUCH  
OF A  
GOOD THING  
CAN BE  
WONDERFUL”

- MAE WEST



*Pleasure*



*is healthy*

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