

physio



personal care
for personal health

she

Dyspareunia (pronounced dis-par-yoon-i-a)

Vaginal pain, intimate pain, vestibulodynia, vulvo-vestibulodynia, vulvar vestibulitis, vestibular syndrome

What is it?

Some women experience pain with sex. The type of pain can vary: aching, sting, burning etc. Its frequency and intensity can vary from person to person as well. Pain can be out-of-proportion to the stimulus.

There may be factors which leads to dyspareunia, such as infections, an unhappy sexual experience, a skin condition, or it may have developed without any real trigger. It may be flared by cycling, horse-riding, and using tampons.

It can be associated with overactive pelvic floor muscles.

What can SHE do?

SHE will assess your pelvic floor, abdomen, back and external pelvis.

You will probably learn how to relax your pelvic floor muscles. This is sometimes called down-training, or bio-feedback.

You will learn techniques to use at home that improve the down-training.

You will be given advice on how to have sex more comfortably.

What can I do before seeing SHE?

Don't delay with this condition.

Make an appointment with SHE.

Drink and eat well. Have adequate rest.

Have adequate exercise - don't overtrain the abdomen.

Wear cotton underwear. Avoid tampons and pads that have bleach as an ingredient.

Use good quality lubricants. Avoid cheap ones.

Note the activities and times when you have pain.

Do have a discussion with your partner regarding this problem. They are often very supportive. Maintain a loving relationship.

Have any suspected infections assessed and treated by your local doctor or specialist

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