



# 5 WAYS TO REDUCE PAIN DURING SEX

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# Why does sex hurt?



## Dryness

Hormonal changes can contribute to dryness. Estrogen levels are low, especially while nursing. Estrogen helps keep the vaginal tissues lubricated.

## Injury

The muscles and nerves that support the pelvic floor have to stretch 10 cm for a vaginal birth. This can create muscle and nerve injury, or perineal tears, which can contribute to pain with intercourse.

## Tension

Pregnancy and birth are tough on our bodies and sometimes the tissues are still trying to protect or guard against injury. This can cause increased tone or tension along the pelvic floor.



# 1. Lubricate



Lubricate not just before the deed.

## **Moisturize daily with coconut oil!**

First, take coconut oil and put 1/4 tsp in each compartment of a shallow ice tray. After it freezes, pop them out and insert them at night.

**Check out more on my IG**



@thrivepelvichealth



## 2. Pelvic guided breath

**This can help reduce scarring due to injury.**



### **How to do it:**

- Lay on the ground on your back
- Place your feet on the couch for support
- Place your hands on your lower abdomen and upper chest
- On the nasal inhale allow your abdomen and pelvic floor to expand and open. As you gently exhale, perform a gentle hum in the back of the throat with lips softly open. This makes the mind and body more relaxed



# 3. Stretches

**Happy baby pose. With this pose, you open the hips and give a stretch to your inner thighs, hamstrings at the back of the thighs, and groin. It releases the back and the sacrum.**



## How to do happy baby:

1. Lie on your back and find a neutral spine position where the natural curves of your spine are present but not exaggerated.
2. Bring your knees toward your chest. As you bring your knees up, keep your hip sockets soft so that your legs come up but your hips stay down. Keep your neutral spine with your tailbone on the mat.
3. Flex your feet and show the soles of your feet to the ceiling.
4. Wrap your first two fingers around your big toes and pull lightly down. Your feet stay flat to the ceiling but your hips release allowing your knees to come closer to your chest as you relax. You can also bring your hands up to the outside of the foot and grasp the foot around the arch.
5. Take your time and breathe deeply. Enjoy the easy stretch in your hamstrings.



# 3. Stretches Ct'd

**Butterfly pose relaxes and quiets the mind. It opens the groins and hips.**



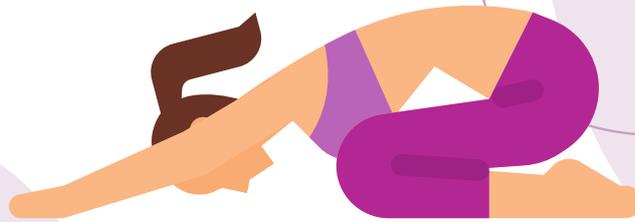
## **How to do butterfly pose:**

- Come to lie on your back or a seated position.
- Bend your knees, keeping the soles of your feet on the floor.
- Open your knees out to either side, bringing the soles of your feet together.
- Your arms can be in any comfortable position—out in a T shape, overhead, relaxed by your sides, or resting on your thighs are some options.
- Stay here for several minutes as gravity works to deepen your stretch. Breathe naturally throughout the pose.
- To come out, reach down and help your knees come back together. Then roll over to one side and use your hands to support you as you sit up.



# 3. Stretches Ct'd

**Child's Pose is a gentle stretch for the back, hips, thighs, and ankles. It can help relieve back pain.**



## How to do child's pose:

- Come to your hands and knees on the mat.
- Spread your knees as wide as your mat, keeping the tops of your feet on the floor with the big toes touching.
- Bring your belly to rest between your thighs and root your forehead to the floor. Relax the shoulders, jaw, and eyes. If it is not comfortable to place the forehead on the floor, rest it on a block or two stacked fists. There is an energy point at the center of the forehead in between the eyebrows that stimulates the vagus nerve and supports a "rest and digest" response. Finding a comfortable place for the forehead is key to gaining this soothing benefit.
- You can stretch your arms in front of you with the palms toward the floor or bring your arms back alongside your thighs with the palms facing upwards. Do whichever feels more comfortable for you.
- Stay as long as you like, eventually reconnecting with the steady inhales and exhales of your breath.



# 4. See a mental health provider



**See a mental health provider that specializes in traumatic births or sexual health.**

**Here are my recommendations-**

- **Jessica Byrd, LCSW with Embodiedempowermentaz (Instagram)**
- **Jen Burwell with Motherandfounderco (Instagram)**
- **[www.betterhealth.com](http://www.betterhealth.com) find a mental health provider near you**

Most providers can meet with you over zoom now, so out-of-state providers might be an option, too.



# 5. See a pelvic floor PT



**A pelvic floor therapist will help you determine if your pelvic floor is too weak or tight, and will work with you to address these problems. They can show you exercises to strengthen and relax your pelvic floor.**

## **What to expect**

In your first PT appointment we:

- Review your history, including the pelvic floor. This may include questions about peeing, pooping, sex, menstrual health or birth.
- We teach you what sex-ed didn't. We go over the anatomy, so that you understand how the muscles of the pelvic floor are causing your problems.
- After you say it's ok, we will perform an external and internal assessment of the pelvic floor. You can always say no or change your mind.
- After we figure out the root cause of your symptoms, we find simple ways to fix it as part of your home program. We tell our patients to try to commit at least 10 minutes most days for your homework.





NEED MORE INSIGHT & SUPPORT?

# Hi, I'm Kim, owner of Thrive Pelvic Health!

I'm a Doctor of Physical Therapy, a mom of two busy boys, and a wife to my loving husband!

It is my mission to help with pelvic pain, leaks, sex, and more. You deserve the best care for all your pelvic floor issues, and I'm here to help!



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PELVIC HEALTH + WELLNESS



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