



PELVIC HEALTH &
REHABILITATION CENTER

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Male and Female Sexual Dysfunction

Sexual dysfunction is a common component of many pelvic pain syndromes. Often misunderstood and mismanaged, many types of sexual dysfunction can be successfully treated with physical therapy. Women may experience pain during or after intercourse, diminished or absent orgasm, genital hyperarousal disorder, and pain with arousal or orgasm. Men may experience post-ejaculatory pain, erectile dysfunction, and pain with erection. These conditions are often a result of neuromuscular impairments of the pelvic floor muscles, nerves and surrounding connective tissue. These impairments can be the result of chronic yeast or bacterial infections, exercise related injuries, childbirth, chronic constipation, or chronic muscle tension. A pelvic floor physical therapy specialist will be able to identify these neuromuscular impairments and develop an effective treatment program. Treatment may include internal myofascial release per vagina or anus, myofascial trigger point release, neural mobilizations, connective tissue manipulation, and home exercise program development. The physical therapists at the Pelvic Health and Rehabilitation Center are highly skilled in successfully treating men and women with sexual pain and dysfunction.

Please check out
www.sswr.org for more
information on the Western
Region of the Society for the
Scientific Study of Sexuality
Annual Meeting

Pain and Sex: A Physical Therapist's Perspective

One of our staff physical therapists, Elizabeth McBride, will be presenting a 3-hour pre-conference workshop titled *Pain and Sex: A Physical Therapist's Perspective* at the Western Region of the Society for the Scientific Study of Sexuality Annual Meeting in Monterey, California on May 7th. Elizabeth will discuss the etiology and pathophysiology of pelvic floor dysfunction, including pelvic floor weakness, pelvic floor hypertonus, and myofascial trigger points. The components of a physical therapy evaluation and treatment plan will be explained, including videos, photos, and illustrations of manual techniques. The audience will gain an understanding of how to identify patients that will benefit from physical therapy, how to find a specialized pelvic floor physical therapist, and how to work within a multi-disciplinary team to maximize patient outcomes.