

# YOU ARE NOT ALONE!

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## Female Sexual Dysfunction

A very large scientific survey of women revealed their concerns at the rate of incidence below.

- Lack of interest in sex: 27-32%
- Unable to achieve orgasm: 22-28%
- Pain during sex: 8-21%
- Sex not pleasurable: 17-21%
- Sexual problems associated with anxiety and depression: 41%.
- Sexual problems (arousal problems, orgasm problems, and inhibited enjoyment) and marital difficulties: 41%.
- Decreased frequency of intercourse (and pain during intercourse) due to low back pain: 46%.

If you have any of these concerns, you are not alone, and Integrity Rehab may be able to help.



A Physical Problem with Physical Solutions



### Integrity

Rehab & Home Health

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## Causes of Female Sexual Dysfunction

Some of the conditions that can cause female sexual dysfunction are:

- Dyspareunia -- Painful sexual intercourse
- Anorgasmia -- Inability to achieve orgasm
- Vulvar Vestibulitis -- Pain surrounding the opening of the vagina
- Generalized Vulvodynia -- Pain in the external genitalia
- Vaginismus -- Pain with insertion into the vagina
- Coccydynia -- Pain in the tailbone
- Levator Ani Syndrome -- Spasm, pain, pressure and ache in vagina and rectum
- Pelvic Organ Prolapse -- "Falling" organs may cause pain or obstruction

## Other Causes of Female Sexual Dysfunction

The entire area between your legs is composed of muscles and other soft tissue called the pelvic floor. Just like any other muscle in the body, the muscles of the pelvic floor can go into spasm and cause pain. Some people carry stress and tension in their shoulder and neck muscles, while others carry stress and tension in the pelvic floor. When pelvic floor muscles are in spasm, blood flow to the area may be restricted causing a build up of "waste products" that worsen the symptoms of pain and burning.

Muscles can also hurt as a secondary complication from medical conditions such as endometriosis, vulvar pain, previous pelvic surgery, injury to the tailbone and chronic low back pain. In addition, scar tissue can change the normal elasticity of the vaginal walls, causing pain.

## 7 Ways that Pelvic Floor Problems Can Affect Female Sexual Function

- Pain due to tightening/spasm of the muscles
- Pain due to engorgement of external genitalia - if scars exist, this "stretch" can be painful
- Pain due to joint mal-alignment
- Decreased sensation in the vaginal wall because of weak muscles
- Decreased intensity (or absence) of orgasm due to weak muscles
- Pain due to internal organ displacement (with prolapses, organs "fall" into the vaginal canal)
- Vaginal tissue thinning/atrophy due to weakness in pelvic floor

## How Can Integrity Rehab Help?

Integrity Rehab has physical therapists that specialize in the treatment of female sexual dysfunction. Your therapist will begin by determining which muscles are painful, weak or in spasm from your waist to your knees.

Treatment may include:

- Education about what is causing your pain and how you can help yourself
- Biofeedback and/or myofascial release to decrease muscle tension and massage for overworked muscles
- Treatment to lessen pain
- Tailored exercise program for your needs
- Restoring movements in tight joints
- Softening of scar tissue

## How to Seek Help

Call Integrity Rehab to discuss your specific concerns. If your situation warrants a physical therapy evaluation, we will coordinate with your doctor to get an order for evaluation and treatment.

**For information about physical therapy treatment for Female Sexual Dysfunction, call Integrity Rehab & Home Health at (254) 699-3933.**

