

# INNER CIRCLE INSIGHTS

## Does It Hurt When You Do It?



Have you ever had some discomfort or pain during intercourse at one time or another?

It's okay, all women have. Whether it's mild, position dependent, a lack of lubrication or due to an infection (yeast/UTI), many women have had painful intercourse at one time. A majority of women have painful intercourse most or all of the time and do nothing to address it. It's not something they

want to talk about, or they are embarrassed about it. Unfortunately, dyspareunia (dis-pa-run-nia) has long been thought to be only psychological or dismissed as "made up." Being told "it's in your head," "it'll go away," or "just relax" are all too common stories. This is not normal and can be successfully treated by a highly-skilled pelvic floor physical therapist.

Dyspareunia is persistent or recurrent genital pain occurring before, during or after intercourse. Pain can range from moderate to severe. Besides the toll it takes on the individual, many sexual relationships are either distressed or do not survive.

Dyspareunia has many causes that range from structural/physical to psychological. Lack of lubrication, injury/trauma/irritation, inflammation, vaginismus, surgery/childbirth, illness, or congenital abnormalities are examples of structural/physical causes. Stress, anxiety, depression and sexual abuse fall into the psychological causes. Of course, a majority of women have both physical and psychological causes. No doubt, having pain during intercourse can cause anxiety and not being able to be intimate with one's partner can lead to depression.

But what can be done? There is a solution to this issue. Seeking the expertise of a specially trained pelvic floor physical therapist is the answer. Physical therapy can address the structural issues causing the painful intercourse. Physical therapy treatment can include myofascial release/manual therapy, therapeutic exercises, biofeedback, relaxation training and behavior modification. We at Inner Circle take it a bit farther in addressing the cause of your pain complaints.

Inner Circle Physical Therapy & Myofascial Release Center is unique, even within the specialization of pelvic floor physical therapy. As a John F. Barnes Myofascial Release (JFBMFR) facility that is specialized in treating the female body and addressing unique issues, such as dyspareunia, we recognize that each patient may have the same symptoms, but are very different individuals and are treated as such. We at Inner Circle focus on the "whole" person.

Fascia is a tough collagenous tissue that forms the connective tissue web throughout the body giving us our shape and mobility. If this fascia is restricted anywhere in the body, it can create

pain and symptoms. These pain symptoms can be seen throughout the body in areas not even close to the pain complaint area. This is why we focus on the “whole” person, removing the restrictions in the body so that it can function properly and relieve pain complaints.

Treatment at Inner Circle starts with evaluation. Evaluation consists of a detailed history and assessment of external structures including hip rotators, pelvis, sacral and coccygeal areas. The thoracic spine and diaphragm included. Assessment of the pelvic floor musculature internally will be performed by a female therapist trained in pelvic floor and JFBMFR.

After your evaluation, your therapist will explain the potential causes of your pain and the mechanical forces that affect your pelvis and pelvic floor. Your treatment will address those restrictions using skilled “hands on” techniques such as JFBMFR, acupuncture, muscle energy, strain/counterstrain, Craniosacral Therapy and mobilizations. The therapist will educate you on breathing/relaxation techniques as well as stretching/strengthening. These skilled practices



will assist in reducing and/or eliminating the underlying restrictions and restore normal function. No other facility in Bucks County has as much experience with pelvic floor dysfunction and JFBMFR as Inner Circle, having an Expert Level MFR physical therapist who holds an APTA pelvic floor certificate.

By addressing your unique body, we can improve your quality of life and allow for a healthier intimate relationship. Don't let fear and shame stop you from living a pain free, active and intimate life.

Professionally yours,

Jennifer Keeny, MSPT, ATC

**For an Appointment or Further Inquiry:**

(215) 860-3623

**[www.InnerCirclePT.com](http://www.InnerCirclePT.com)**

*“The Natural Force Within Each of Us is the Greatest Healer of Disease”*

*-Hippocrates*