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When sex is painful
Article from Full Circle Physio

JONI MORRISSEY

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LETS TALK ABOUT SEX

All things related to Womens Bodies, Health and Sexuality.

Welcome to a new series just for our female readers - if you struggle with Pelvic issues this can impact your emotional and sexual health... We have teamed up with Emma and her team at Full Circle Physio to bring you info and talk openly about the issues women face throughout their lives that can impact on their sex lives. From pelvic issues to childbirth to menopause and all the bits in between..



When Sex is Painful



Now I think it is important to clarify that I am referring to painful sex with penetration (clinically known as Dyspareunia.) This is NOT the definition of sex. Penis in Vagina (PIV) sex is simply ONE way of being intimate with someone and consequently, it is not necessary to pursue this if it does not interest you. However, I can fully understand the want to pursue more comfortable PIV sex for the benefit of some relationships. Equally being able to receive penetration (not necessarily a penis) can have many other benefits such as being able to use tampons or menstrual cups, being comfortable with an internal exam and being able to use penetrative sexual toys solo or with a partner. Additionally in this article, I am referring to primarily pain with vaginal penetration.

There can be lots of physical and psychological reasons as to why penetrative sex is painful and so it is important to have the most obvious things cleared by a medical professional such as a GP or Gynaecologist.

These are conditions such as: recurrent UTI's, Bacterial infections (thrush, BV and STD's), skin reactions, Endometriosis, Lichen Sclerosus, Perimenopausal changes, Scar tissue from previous surgery and/or tears and sometimes Cancer. For someone experiencing pain with penetration, often the thought of being examined by a medical professional is more intimidating than anything else but if you can explain that an internal exam maybe uncomfortable and if needed you can have a support person in the room and also ask them to use the smallest speculum and potentially a local, topical analgesic cream and/or relaxants which can make the whole thing much more comfortable.

Once the most obvious things have been eliminated then we can get down to the other potential reasons that may be causing painful penetration. One of the most common reasons is having penetrative sex when you don't want it, so if this is the case for you then maybe you need another article for another time. Another reason can be sensitization around the vulva area, including the urethra (where you pee from), vaginal opening, and perineum (the tissue in between your vagina and anus), and may be referred to as Vulvodynia. This is due to a conditioned response to persistent pain and as the body anticipates a painful response, it tries to protect itself by making these areas of the body sensitised and thus painful. The consequence of this response can be tense pelvic floor muscles and this then makes penetration much harder to achieve comfortably.

Those who suffer from painful penetration can get stuck into an all too familiar negative cycle. Due to their last (or potentially every) experience with penetrative sex being painful, their body then anticipates this response causing tension into the pelvic space and muscles. There are often changes that happen locally (e.g. The pelvic area and pelvic floor) and then also centrally (e.g. The central nervous system made up of the brain and spinal cord).

We can liken this response to an over-protective guard dog that is on high alert and super aware of anything going on in this area and becomes hypervigilant. This then reduces any form of natural lubrication, as the brain is too busy preparing itself for pain and hence arousal simply doesn't happen. You are too distracted.

You now have 'the perfect storm' with the anticipation of pain, lack of lubrication, and a tense pelvic floor and so even if penetrative sex is achieved, it reinforces the body's reaction as 'correct' and so will simply recreate this again and again and again. All in all, incredibly frustrating and potentially creates a bigger rift between partners if penetrative sex is an important part of their sexual relationship. Ultimately, it can feel that your body is having a protective, defensive response to the penetrative item (penis or other) and seeing it as a threat. In order to change this response we need to start by building safety and trust with yourself and then integrate the penetration at a level that does not 'set the guard dog off'.

So here are some tips that may help you achieve more comfortable penetration with a partner or solo:

Pillows & Positions

Using a pillow under the hips can help to reduce pressure on the rectovaginal space by opening the pelvis more. You can also use pillows under your knees if you find it hard to let your legs drop to the sides. The key is really your comfort, so use as many as you need. Regarding positions, it can often be trial and error with your partner. Don't be afraid to try different positions and communicate what feels better for you. Sometimes side lying or with one knee up and one knee down will feel better or being on top in order to control the depth of penetration.



Pelvic Stretches & Mobility

It is common for those suffering from painful PIV sex to have quite tense and tender pelvic floors. By simply making time 3-4x a week to perform some regular hip and pelvic stretches, this can help to relax the pelvis and other muscles in the area quite significantly. One of my favourite exercises I ask clients to do regularly is a supported child's pose position and what I refer to as 'Balloon Breathing'. In this position, simply imagine a circle or balloon in your mind's eye and as you inhale imagine this balloon or circle is increasing in size and filling the space between your chest and your pelvis right down to your back passage. Hold this feeling of expansion for a moment and then slowly exhale and imagine that balloon or circle is getting smaller again. This can be a great way of calming the nervous system and also relax the pelvic floor.

Choosing the right time for penetrative sex

Understanding your menstrual cycle is really key as there are naturally times within your cycle that you will be more interested in sex than others. For those who may experience painful periods and ovulation, then perhaps avoid penetrative sex during these times. You may feel comfortable being intimate with your partner and just staying 'outside of the box'. There is a whole smorgasbord of things you can enjoy!!!

Gadgets & Gizmos that can help

There has been a massive revolution of sexual aids that now focus on women's pleasure as much as men's. Hooray!! There have also been big advances with regards to sexual aids/tools that may help to reduce painful penetrative sex. One of these is called an *Ohnut* which is formed from medical grade silicone and is slipped over the penis or toy to act as a buffer to reduce the depth of penetration. These rings can then be removed one at a time as penetration becomes more comfortable. You can check these out and purchase them on the Nauti NZ website. Dilators/Vibrators can also be helpful to help bridge the gap between not being able to have any form of penetration and resuming it. These can come in all different shapes and sizes (depending on what you are able to achieve to start with) and can be used independently or with partners to help reduce the threat of penetration being uncomfortable.

If you are working with a Pelvic Health Physiotherapist, they may also suggest that you use a Therapeutic Wand or Dilators at home to help alleviate tension within the pelvic floor and this can help to keep the pelvic floor more used to being stretched and lengthened. And last but by no means least, is Lubricant. This can be a game changer for some couples and getting the RIGHT lubricant for you is key. I would always recommend an organic lubricant that is less likely to affect your vaginal pH and avoid the nasties in processed lubricants. I often refer my clients to Donna at Nauti as she is the Queen of Lube and has many varieties that would be suitable for everyone so hit her up for lube questions!!

Bank some positive sexual experiences

This is essential in being able to overcome previously painful penetrative sex.

By continuing to have sex that is painful, this will only reinforce your body's need to protect itself.

It can be likened to you holding your hand on a hot stove whilst your body is screaming at you to take it off. By trying to either disconnect or ignore that pain, this will only make your response more likely to persist. I would suggest for those who are struggling with this issue and have never mentioned it to their partner, to please speak up.

You can then make a plan together as to how 'sex' may look for you, for right now and that may mean that penetration is 'off the table' until you can deposit enough positive sexual experiences in the bank. This means sexual intimacy was pleasurable for you and not painful in any way. By experiencing more pleasure than pain, your body is more likely to look forward to sexual intimacy and not feel threatened by it and hence you will be more aroused and libido will increase.

If you are struggling to communicate with your partner regarding this issue, then liaising with a Sexual Therapist or Psychologist can be of help as well as a Pelvic Health Physiotherapist.

Love The Full Circle Physio Tribe xxxx

(Emma, Nicole, Erica, Grace & Kerry)



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PILLOW TALK

With **JONI MORRISSEY**

12 TIPS TO GIVING AMAZING HEAD

Does the thought of giving a blowjob intimidate you?

Do you feel awkward? Nervous? Or, perhaps even inexperienced in giving your partner a proper BJ that'll blow their mind?

I can assure you that you are not alone! Worldwide, millions of women are in the same situation as you. According to research, only 28% of women find blow jobs very pleasurable.

Now, I want you to imagine for a moment what it would be like to actually feel excited about jumping into bed with your partner and getting your mouth on their penis...

Because that's exactly how I hope you'll feel after reading this article.

Here's the thing...

Giving an oral blowjob doesn't have to be complicated.

You don't need to have tonnes of fancy tricks and tools to make your partner experience ultimate bliss.

All you need to do is implement these simple tips I'm about to share with you.



1. Get turned on first

This is the fundamental first step that many people skip which shouldn't be.

As soon as your partner sees you're ready, confident, and turned on, they'll be pushed into action and open to the pleasure you're about to give them.

If you're not in the mood and are solely doing it because you feel like you have to, your partner will notice — immediately putting a damper on their mood.

That's why it's essential to get yourself turned on BEFORE you start.

There are many ways you can achieve this.

Some examples include:

- Having a super-hot make out session beforehand.
- Touching yourself in front of them.
- Or, better yet, pull out the vibrator so your partner can witness your growing arousal.

2. Use Lubrication

Adding a small amount of lubricant, olive oil or coconut oil can enhance sensation and reduce friction.

Why?

Because not only will it keep everything slippery, but it'll also avoid a dry mouth and give you the chance to remove your mouth when your jaw gets tired so you can continue with your hands.

It doesn't stop there, you can even try flavoured lube. You just need to keep it away from the penis opening.

3. Maintain Enthusiasm

Oral sex isn't just about what you do physically but also about what you do mentally and emotionally.

Stroking your partner's ego by telling them that they have a great cock will give them a confidence boost and build up a more intense orgasm.

Here's the thing...

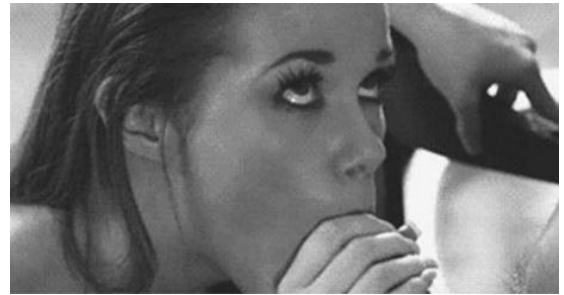
There's no such thing as a perfect penis. Yet, many are conscious of how they look and how YOU see it. Your partner wants you to tell them what you think of their penis. More specifically, they want DETAILED feedback on their penis.

This is how you do it...

Look at his penis while you're stroking it. Admire it with your words by saying things like:

- I'd love to ride it all day long.
- You have such a great cock.
- Your cock veins are super sexy.
- I've never seen a dick so majestic.

If you're unsure about the words you want to use, you can simply gaze at it and show them that you appreciate it.



4. Your tongue and breath are key

A great blowjob is almost impossible without your tongue.

Besides being wet and flexible, its texture also creates incredible friction when you lick or suck your partner's cock.

You can start by licking the penis head, shaft, and balls in seductive strokes before taking the entire penis in your mouth. As soon as it's in your mouth, swirl your tongue around and move your head up and down while sucking.

Then, kick it up a notch by incorporating your breath into the mix. Every now and again, you can take their cock in your hands and continue stroking while blowing with your breath. But keep it short and minimal as you don't want to chase away the climax.

5. Use your hands

Adding your hands to the mix can intensify your partner's pleasure tenfold. This is because you'll overload the "feeling" senses with friction from multiple sources — instead of just your mouth.

- Stroke the base of the penis while sucking and licking the tip.
 - Play with the balls by gently tugging, gripping or sucking them.
 - Massage the balls with your hand while licking him from base to tip.
- In addition to the penis, you can stroke the chest and thighs as well. All of the touching will overwhelm your partner in a good way and end up giving them more intense orgasms.

6. Hide your teeth

Teeth can be tricky when it comes to giving great head. Too much can hurt. But, too little can take away some of the delectable added friction that is needed to intensify the experience.

So, what can you do?

Your best bet would be to find a balance. Use your teeth — but sparingly.

Only scrape your teeth against flesh as opposed to biting into it.

You can avoid using too much teeth by:

- Wrapping your lips around your teeth as a barrier.
- Staying close to the tip and around the head while letting your hand take care of the base.
- Not sucking too hard since this will cause your teeth to come into contact with his flesh.



7. Massage the Perineum

There are loads of pleasure spots for you to explore and stimulate aside from your partner's penis and balls. One that I recommend you get intimately acquainted with is the Perineum — the area between his anus and scrotum.

This spot is particularly sensitive due to all the nerve endings. You'll immensely intensify the pleasure by giving this area extra attention and applying pressure while licking and sucking the penis.

Alternatively, you can also apply pressure to this spot with your tongue while you stroke the shaft with your hand.

8. Butt play?

I know... Butt play isn't for everyone. However, if your partner is open to the idea, there's a good chance they end up loving it.

Why? Well, in the same way that the Perineum has a lot of nerve endings, so does the anus. By stroking those nerve endings with your finger or anal toys, your partner will experience surges of pleasure.

This is especially true if you give them a blowjob while simultaneously massaging his anus walls.

Keep in mind that there are different types and levels of anal play. Start slowly and work your way up as you learn what they enjoy.

9. Use your voice

Remember, your partner wants you to enjoy the experience, too, and the only way they know is if you express how the situation affects you.

Your sounds will let your partner know you're enjoying yourself. This will then give them the confidence boost they need — allowing themselves to let go of all thoughts and FEEL you.

10. Try pleasure mapping

Sexual pleasure mapping is one of the best ways to discover your partner's triggers and sweet spots.

By paying attention to their body language and reactions while you're touching, licking, and sucking, you'll start to "map out" their body and discover which spots are particularly pleasurable for them.

- Watch for facial expressions
- Feel for muscles tightening
- Listen for any change in breathing

If your partner is writhing, grabbing your hair, or gasping for breath, it's a sure sign what you're doing is blowing them away.

Mapping out the sweet spots will also help you intensify your partners pleasure with all future blowjobs since you'll know exactly where to touch and what they likes most.

11. Engage ALL the senses

Instead of just focusing on the blowjob, try incorporating the other senses as well. Putting all of their senses into overdrive will make the experience much more intense.

Ways you can do this are to wear your partners favourite perfume, maintain eye contact throughout, play sexy or intimate music in the background, and feed maybe play with feeding each other strawberries dipped in chocolate.

This is your chance to get really creative. Add dirty talk to the mix if you like. Speaking naughty words during stimulation will put your partner in overdrive.



12. Try different positions

While the kneeling-in-front position is often the first position people think of when they hear the word "blowjob", you don't have to stick to it if you don't want to.

There are plenty of other positions you can try, such as sixty-nine, prop engine, loveseat wishbone, and many more.

That being said, the easiest positions are usually the ones you and your partner feel the most comfortable.



Joni Morrissey - Sexologist
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Ready to bring your blowjob A-game?

Now that you know how to give amazing head, you can go ahead and implement some or all of the tips mentioned above.

I suggest trying different tips on separate occasions until you find a mix that your partner absolutely loves.

Spicing up your sex life doesn't have to be hard. It's my mission to help YOU and your partner experience more fun and passion between the sheets than ever before.

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