

## SEX AND THE PELVIC FLOOR

### Can a stronger pelvic floor improve your sex life?

There is ample evidence from a range of experts, research and most of all, from women themselves that strong pelvic floor muscles can greatly improve your sexual arousal, sexual response, the level of sensation you feel during intercourse and your ability to reach an orgasm.

For men, there is clear evidence that strong pelvic floor muscles can greatly contribute to overcoming erectile dysfunction. (Read more on the **For Men** page on our website.)

### The experts

Specialists strongly believe that a regular program of pelvic floor exercise will enhance a woman's sex life.

- *Through working with many thousands of women over the last 30 years, it has become abundantly clear to me that a strong pelvic floor muscle enhances orgasm with oneself and during partner sex. **Betty Dodson- US sex educator and expert***
- *These exercises, when performed correctly, can increase orgasmic intensity as well as prevent pelvic organ prolapse and incontinence. **Stanford University School of Medicine***
- *The pelvic floor has an important sexual function, helping to increase sexual awareness both for yourself and your partner during sexual intercourse. **Continence Foundation, UK***
- *Strengthening all the muscles in the pelvic floor, identifying them, learning to use them and keeping them strong, will not only help prevent reproductive organs from falling later in life, but will be key in enhancing sexual response today. Focusing part of your exercise regime on this muscle group can really pay off later in the bedroom. **Laura Berman, US sex therapist***

### The research

Until recently, these expert views were based on professional observations or on women's own anecdotal accounts of the improvements that they had experienced, since there had been very little properly conducted research in this area. But as research emerges, it is beginning to confirm the experts' opinions. Two of the very few research studies that have looked at this area found that

- *..an improvement in sexual desire, performance during coitus and achievement of orgasm were observed in women who received pelvic floor muscle rehabilitation. **(Beji and others, 2003)***
- *There was a ..significant reduction in number of women having problems with sex-life .. in the exercise group after six months of pelvic floor muscle exercise. **(Bo and others, 2000)***

### How does exercising your pelvic floor muscles help your enjoyment of sex?

The pelvic floor muscles are directly responsible for the amount of sensation a woman feels during intercourse, and for the amount of grip felt by her partner. So although an exercise regime for the pelvic floor muscles has the same physiological benefits as exercising any other muscle, the spin-offs are much better.

Exercise improves muscle tone which means that the muscle is tighter, so is stretched more by an erect penis.

Strong, firm muscles have more nerve endings, and more nerve endings mean more sensations for you during sex. Exercise improves circulation, and this is particularly important for the smaller muscles of the pelvic floor, which are responsible for engorging the clitoris when you are aroused and for improved lubrication of the vagina. An orgasm causes rhythmic contractions of the pelvic floor which will be stronger if the muscles are better toned.

Many women report they are able to reach orgasm more easily, and that their orgasms are more powerful, after a pelvic floor exercise program.

### Which pelvic floor exercisers are most effective as sex enhancers?

All the items in our product range will have a beneficial effect on muscle strength. However muscle grip will be most likely enhanced by the products that build strength through gripping, such as the

- **PFX2**
- **PX-IQ**
- **Energie \***
- **Pelvibar \***

\* Please note, to use these stronger/heavier exercisers you require a reasonably good pelvic floor contraction. If you are starting with a weaker pelvic floor then a PFX2 or PX-IQ are better choices.

Visit the **Pelvic Floor & Sex** area of our website to see the products that can be most helpful, and read the detailed information about each product.

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