

4 Ways to Easier Intimacy

Pelvic Health Physiotherapy Tips for Women Experiencing Painful Sex (Dyspareunia)

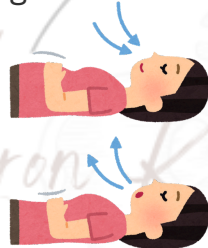
1. Breathe to Soften: Mastering the 360° Diaphragmatic Breath

If pain with intimacy is due to increased tension in the pelvic floor, deep, intentional breathing can help reduce this by activating your “rest and digest” system, intentionally relax the muscles, and bring awareness to how they passively move as you breathe.

How to Do It:

- Lie on your back with knees bent.
- Place one hand on your chest and one on your belly.
- Inhale comfortably through your nose, letting your belly, ribs, and pelvic floor gently expand.
- Exhale slowly through your nose, allowing everything to soften down and in.
- Repeat for 2-5 minutes daily or before intimacy.

Why it helps: Reduces guarding and involuntary clenching that can cause pain during intercourse.



2. Stretch with Intention: Gentle Pelvic Floor-Opening Movements

Daily mobility work can help your pelvic floor feel more flexible.

Here are some examples:

- Child's Pose with Wide Knees
- Happy Baby Pose
- Butterfly Stretch

Why it helps: Releasing tension in the hips and inner thighs supports a more relaxed pelvic floor, easing the discomfort associated with muscle tension.



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3. Explore Internal Massage (or Begin with Desensitization Tools)

Internal release, guided by a trained pelvic physiotherapist, can reduce muscle tension and improve your body's comfort with touch.

Why it helps: Builds trust with your body and reduces pain signals associated with touch in the vulvar/vaginal area.

4. Communicate & Rebuild at Your Pace

Pelvic pain is never "just in your head" - but the nervous system plays a role in amplifying pain signals.

Pelvic Physio Tip:

- Practice non-penetrative touch and work toward intimacy slowly.
- Use a scale from 0-10 to rate comfort. Stay in the 0-3 range.
- Schedule intimacy around when you feel relaxed.

Why it helps: Gradual exposure rewires your nervous system and builds trust in your body again.


Just know: **You're Not Alone**

Many women experience pain with intimacy - and many find relief with the right care and support. Pelvic floor physiotherapy addresses the physical and emotional layers of intimacy and pain.


If you are struggling, you deserve evidence-based support in a safe, non-judgmental space.

Work With Me:

I help women like you reclaim comfort, confidence, and connection.

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Book a consultation or free discovery call: [here](#)