

Sex Therapy *Meets* Physical Therapy

Barbara Jastran RN, LCSW-R, Certified Sex Therapist
Christine Trumble PT, OCS, WCS

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Sex Without Shame



- As a child, who was your most important sex educator?
- How did your family handle issues of sex and sexuality?
- Name 2-3 messages you received as a child about sex or sexuality?

Why would someone go to a sex therapist?

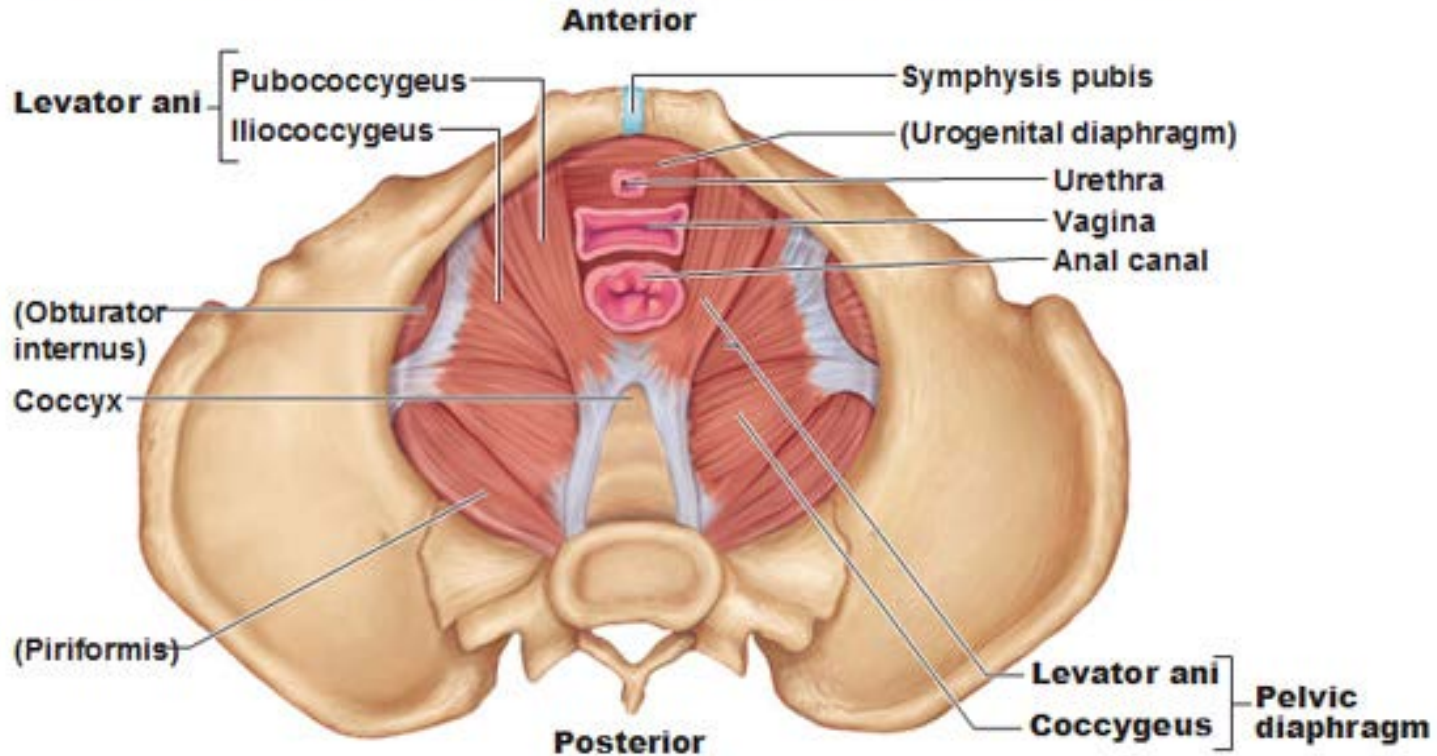
Why would someone go to a physical therapist?

Pain causing structures

Pain free and enjoyable penetrative and non penetrative sex is the result of many structures, being stimulated, reacting, and responding appropriately.

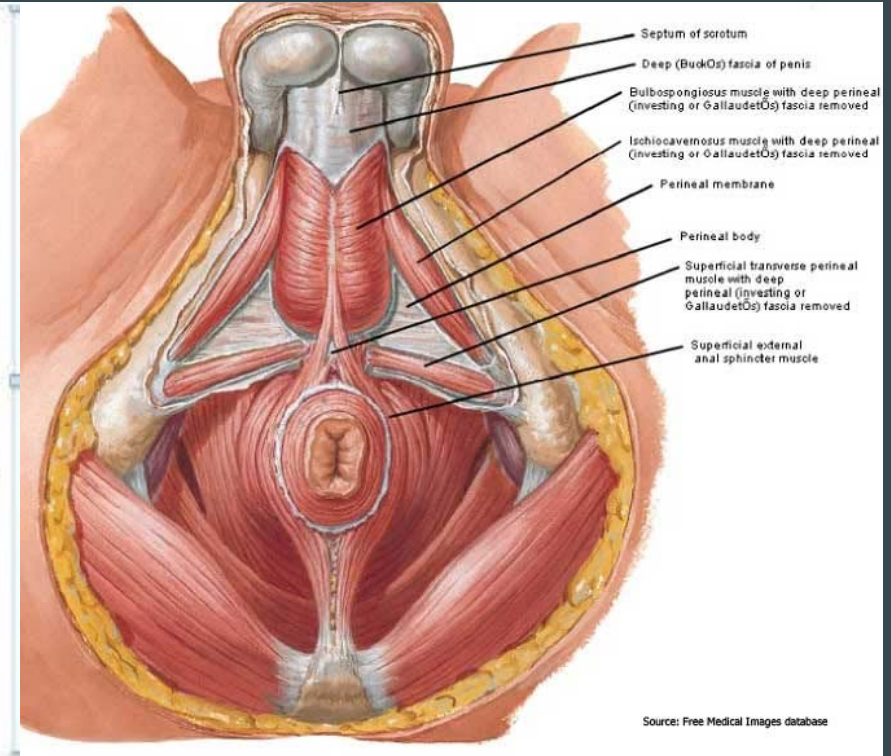
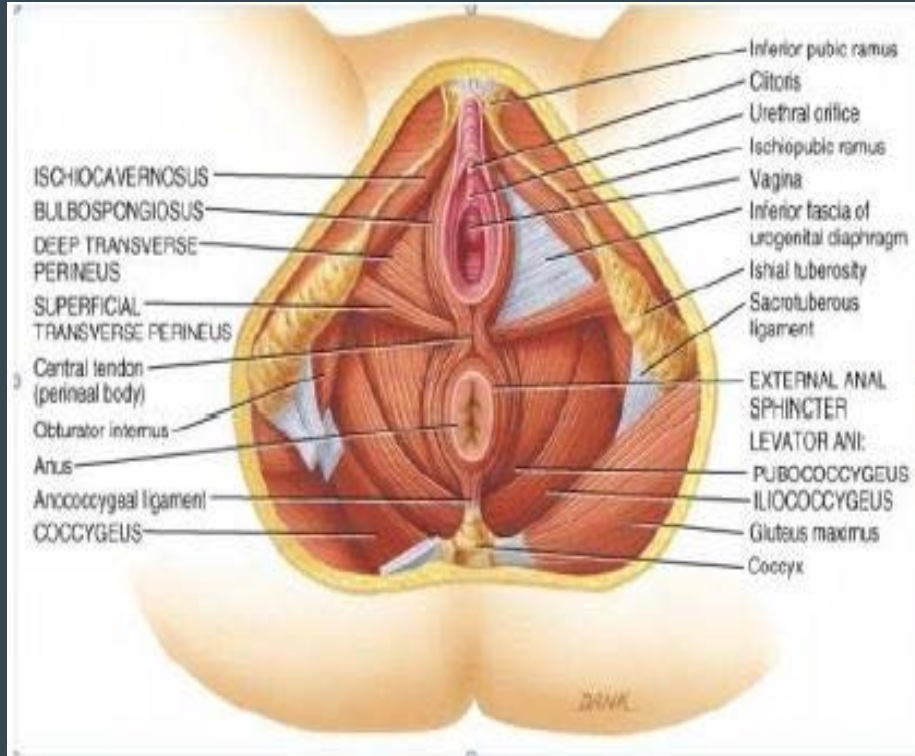
- The Brain
- Deep muscles
- Superficial muscles
- Deep and superficial nerves
- Hormones
- proper lubrication from vestibular glands.(Bartholins, Skene)

The Pelvic Diaphragm = the deepest muscle layer



Superior View of Female Pelvis

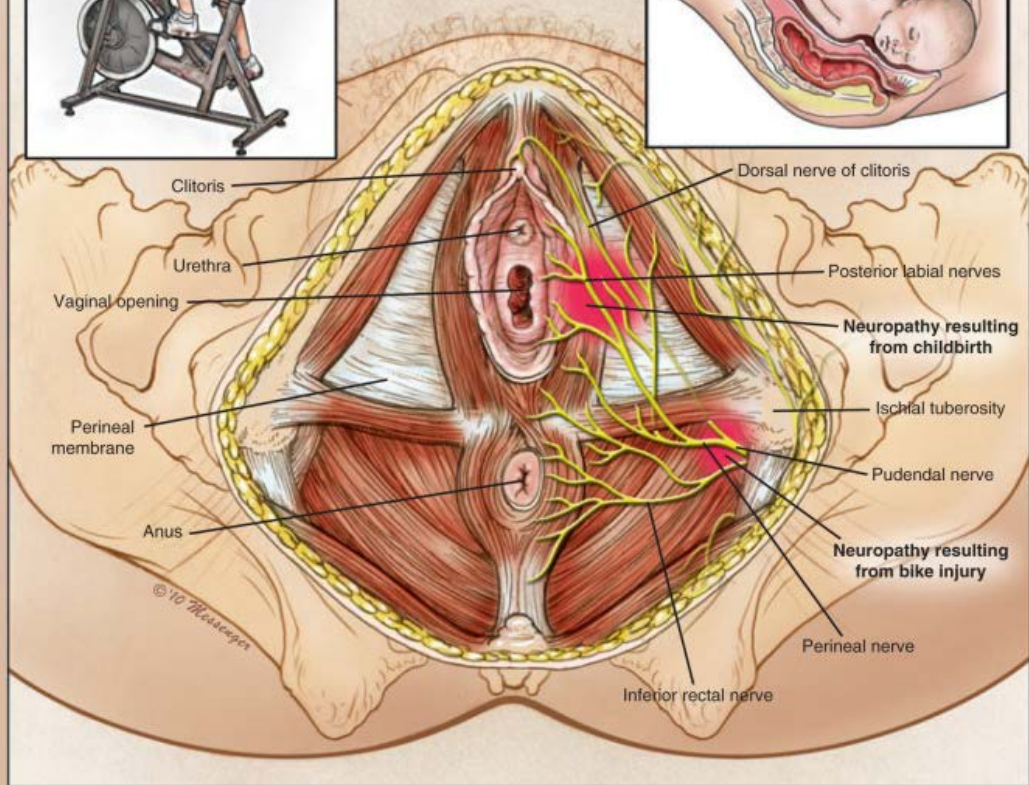
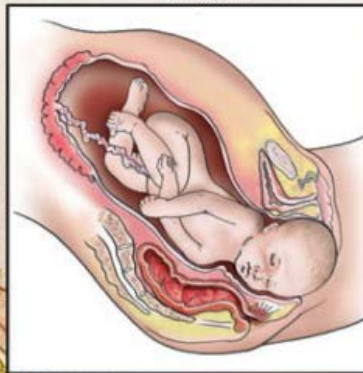
Muscles



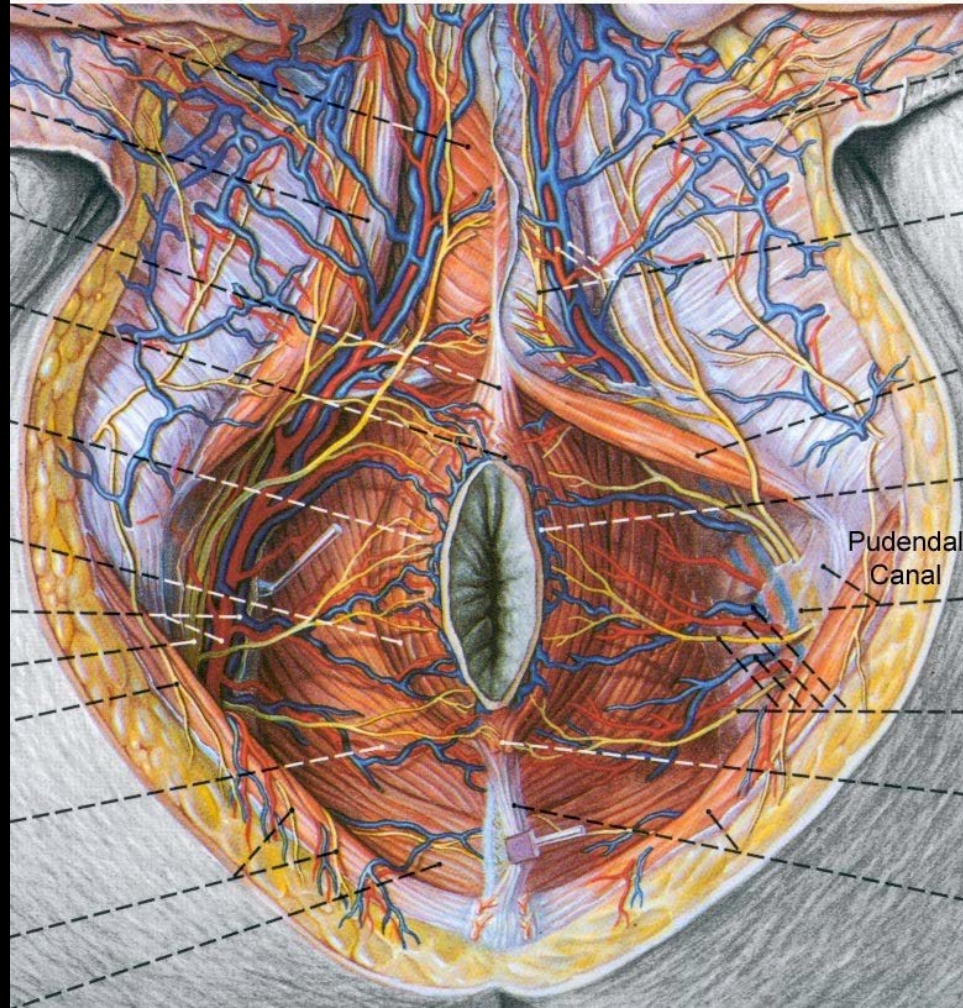
Pudendal neuropathy from bicycle injury during spinning



Pudendal neuropathy from childbirth



Pudendal Canal Closeup



Symptoms:

FEMALE:

- Tampons are uncomfortable or unable to use
- Pelvic exams are painful/sharp/burning
- Penetration causes pain-superficial or deep
- Cramping after intercourse
- Burning with urination
- Constipation
- Inability to orgasm

MALE:

- Painful Erection/incomplete erection
- Pain with ejaculation/weak ejaculation
- Perineal/"prostate" pain

Pelvic Floor Physical Therapy

- biomechanics, posture, hip and lumbar function.
- Internal and external palpation
what are the structures causing pain and why.
- internal work- adhesions, neural hypersensitivity,
biofeedback for strength or ability to relax muscle.

When would someone benefit
from seeing both?



Physical Pain ↔ Psychological & Emotional Pain

- Relationship Issues (fear, guilt, shame)
- Communication Issues
- Power and Control Issues
- Pain / Spasm Cycle

Contact information:

Barbara Jastran RN, LCSW-R

AASECT Certified Sex Therapist

American Association of Sex Educators, Counselors & Therapists

barbarajastran@gmail.com

607-342-8377

Christine Trumble PT, OCS, WCS

trumblephysicaltherapy@gmail.com

More information:

International Pelvic Pain Society - www.pelvicpain.org

www.Womenshealthapta.org

www.Hermanwallace.com