



Back Pain and your SEX Life

(Test which position will suit your pain)

Is your back pain interfering with your SEX life? Limitations can include a restricted sex life, delayed return to work, and generally life's normal activities.

For many, SEX plays an important part in a relationship. An inhibited SEX life due to back pain can in some cases seriously damage a relationship.

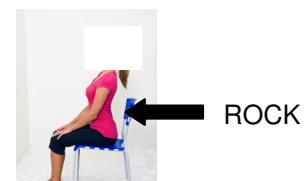
It is important to understand your back condition and to know that SEX in the right positions should NOT make your back pain worse.

Some points to consider are:

- Be organised – know which position to have Sex in. Directional preference (which way to move your back) can be established by your PhysioMaxx physiotherapist
- Your partner needs to understand the significance of directional preference, so experimenting with positions is vital
- Stop or change position if pain persists
- It may take a few attempts to find what works
- Choose sensuality over sexuality as you may not be as vigorous as you once were
- Improve your 'pelvic floor' muscles to make them stronger and more flexible. This will improve function – a good physiotherapist can advise

Some ideas to consider pre-sex:

- A nice hot shower together
- Sit on the side of the bed and do a pelvic tilt – this helps to mobilise the back
- Your partner can massage the back with a nice oil – if lying on your tummy put a pillow under your hips
- You may use an ice pack on your back to relieve pain before or after
- Use towels and pillows (see diagrams) for support and correct posture patterns
- Use healing music, create a comfortable mood – ENJOY!



- **DO OUR SEX TEST** see which positions work for you -

8 sex positions for sufferers of lower back pain

Which position suits your problem!

SEX TEST DIRECTIONS

Female -

- Bend forward repeatedly, if this increases your back pain, your safest patterns for sex are No.'s 1, 3 leaning backwards and 4 with a rolled up towel under your back.
- If you bend backward repeatedly and your pain increases, your safest sex positions are No.'s 2, 3 leaning forward and 4 with no towel.

Male -

- Bending forward repeatedly, if this increases your back, your safest sex positions are No.'s 1 with a rolled up towel under your back, 2 leaning backward and 4.
- If you bend backward repeatedly and your pain increases, your safest sex positions are No.'s 1 with no towel, 2 leaning forward and 3.

WARNING—IF YOUR PAIN INCREASES, TRAVELS DOWN YOUR LEG OR PERSISTS, YOU WILL NEED AN APPOINTMENT WITH A KNOWLEGABLE PHYSIOTHERAPIST

