

# Having Pain During Intercourse?

By Zoe Fackelman

Men and women can have pain while having sexual intercourse in the perineum — crotch area — as result of hip, low back and pelvis region muscle, nerve or boney alignment conditions. Dyspareunia, the medical term for pain related to sexual intercourse is more commonly seen in women. About 20-50 percent of women will have pain with penetration or thrusting of the penis.

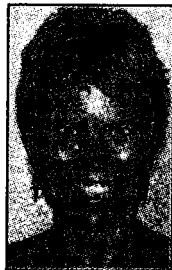
The pain is described as aching, sharp, burning, stabbing or tingling and is often felt at the opening of the vagina, deep in the vagina, lower abdomen, groin, hip or low back.

The list of reasons why you may have pain with intercourse is a long one, so seeing a physical therapist specifically trained to evaluate and treat this condition is extremely important.

Depending on the findings during

your examination, your treatment may consist of correcting any muscle, nerve or boney alignment conditions, pelvic floor rehabilitation and instruction on how to be sexually active and avoid pain.

You may now realize how common this problem is and there is no need to feel embarrassed about getting the help you deserve to feel wholesome in the bedroom.



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