

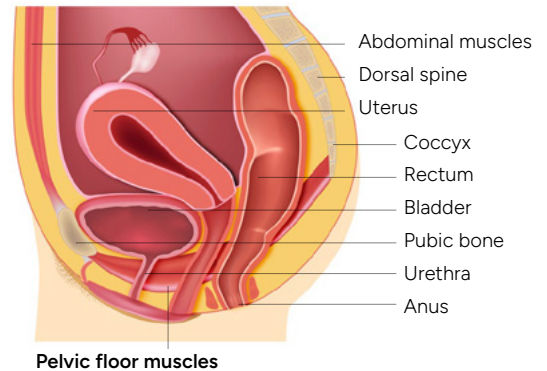
Sexual Dysfunctions

Sexual dysfunctions include pain during sexual intercourse in women and erectile dysfunction or premature ejaculation in men.

The pelvic floor muscles play an important role in both men and women.

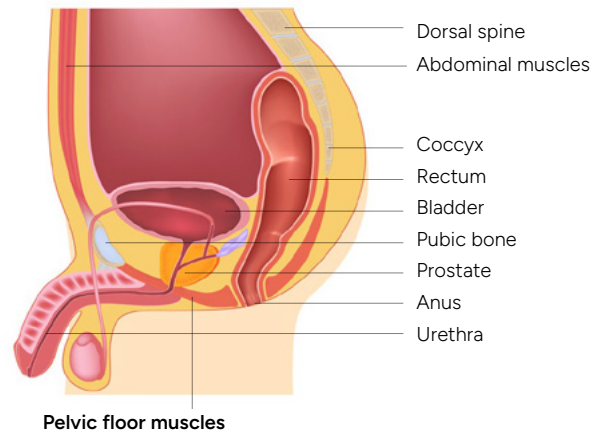
Anatomy and Function of the Pelvic Floor

The pelvic floor is a muscle about the size of a hand that forms the bottom of the pelvis. Its tasks include stabilizing the pelvic organs such as the bladder, bowel and uterus, as well as controlling bowel movements and urine. The pelvic floor plays a key role in sexual function by contributing to arousal and orgasm. In men it supports erection and ejaculation, while in women, it helps with vaginal lubrication.



Pain During Sexual Intercourse and Overactive Pelvic Floor Muscles

Pain increases muscle tension, a tense muscle in turn increases the pain. If the pelvic floor is too active, this can lead to pain in the genitals and lower abdomen. The fear of pain also causes the muscles to tense up, which in turn leads to more pain: It becomes a vicious cycle.



Erectile Dysfunction, Premature Ejaculation and Pelvic Floor Muscles

Pelvic floor muscles that are too weak or too rigid can make it difficult to maintain an erection. In the case of premature ejaculation, increased pelvic floor tension reduces voluntary control.

Pelvic Floor Physiotherapy

Through questioning and examination, the pelvic floor physiotherapist can determine whether the pelvic floor muscles have too much or too little tension and strength. The aim is to normalize the muscle tension, providing sufficient support for everyday activities while allowing for proper relaxation e.g. during sexual intercourse. If the muscles are too active, strategies for muscle relaxation are taught. If the pelvic floor muscles are too weak, targeted strength building is carried out. Depending on the symptoms, various aids such as dilators or electrical stimulation can also be used.

