

Intimacy & Your Pelvic Floor



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Pelvic Floor Health is VITAL for Intimate Health & Function

- Tissue Health
- Circulation
- Brain Body Coordination

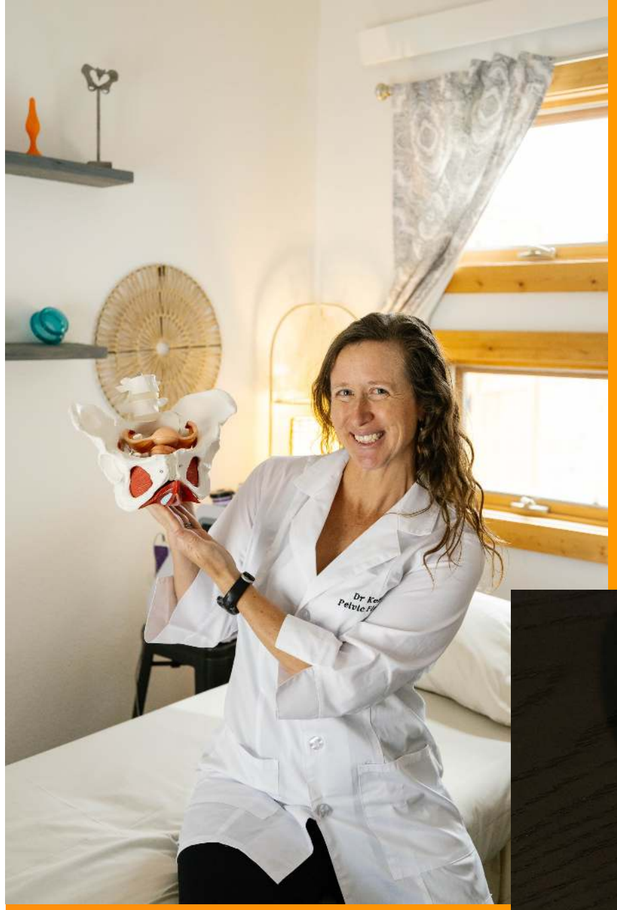


How well do YOU know your pelvic floor?

The Pelvic Floor Needs The Proper Resting Tone

1

- To not hurt, leak or feel “prolapse-y”
- To not be “too exhausted to perform” with slow and fast activities :)



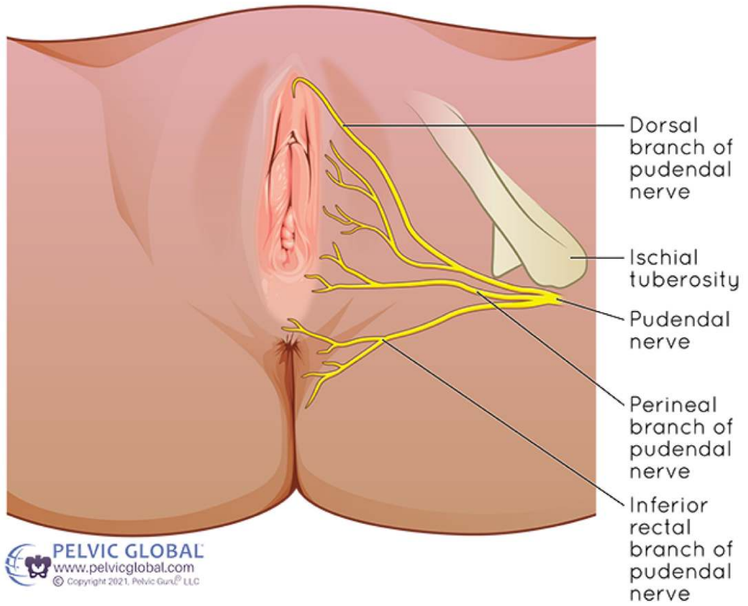


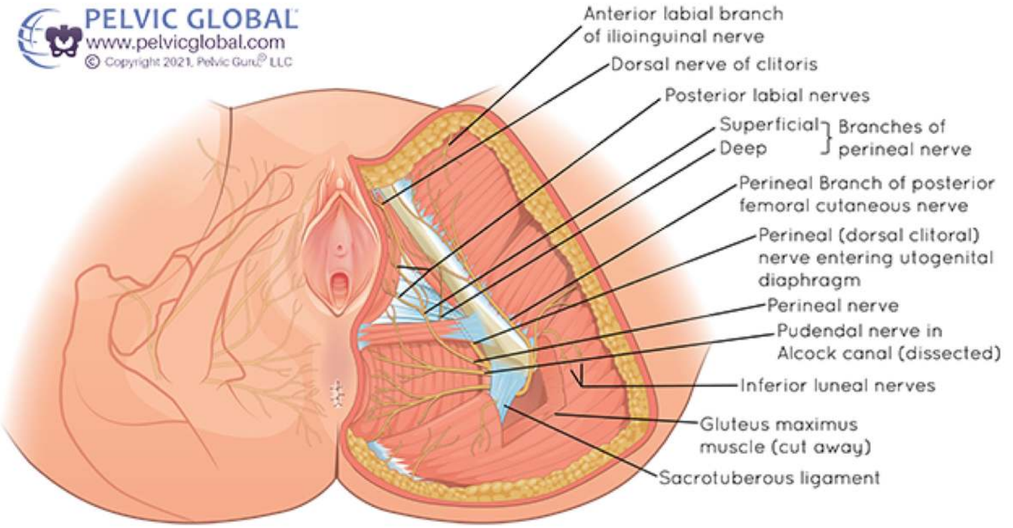
Match & Move seamlessly transitions one page to the next

The Pelvic Floor Needs The Proper Resting Tone

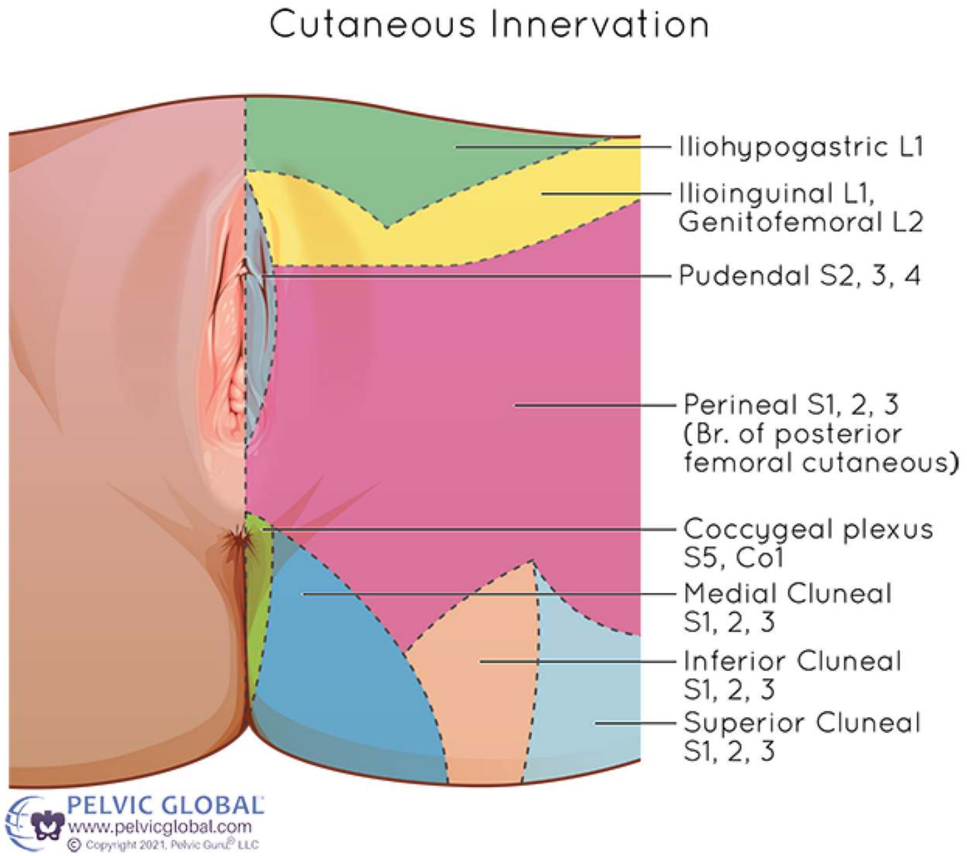
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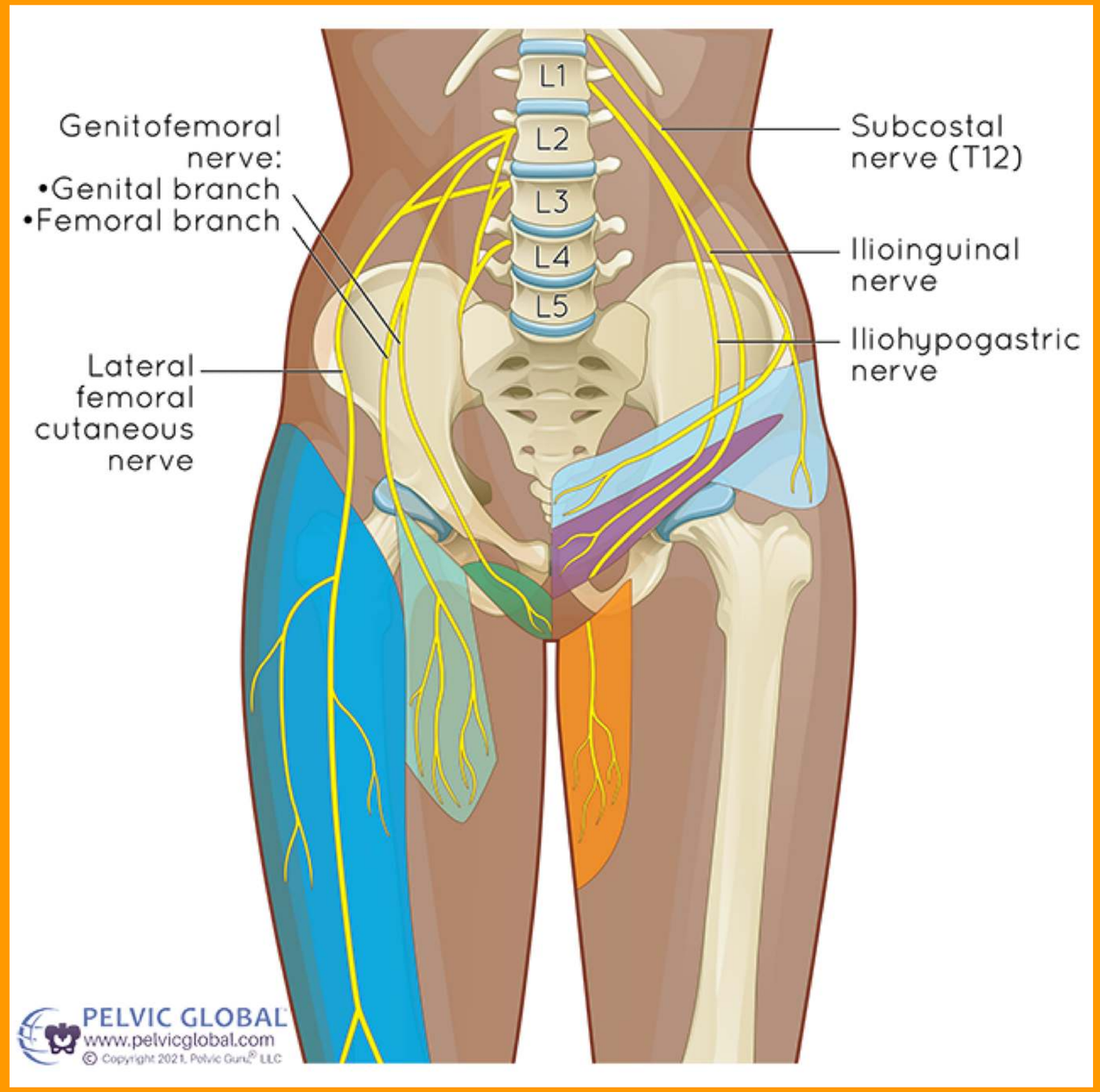
- For us to feel confident
- For OPTIMAL Clitoral (& other pelvic nerve) blood flow & function



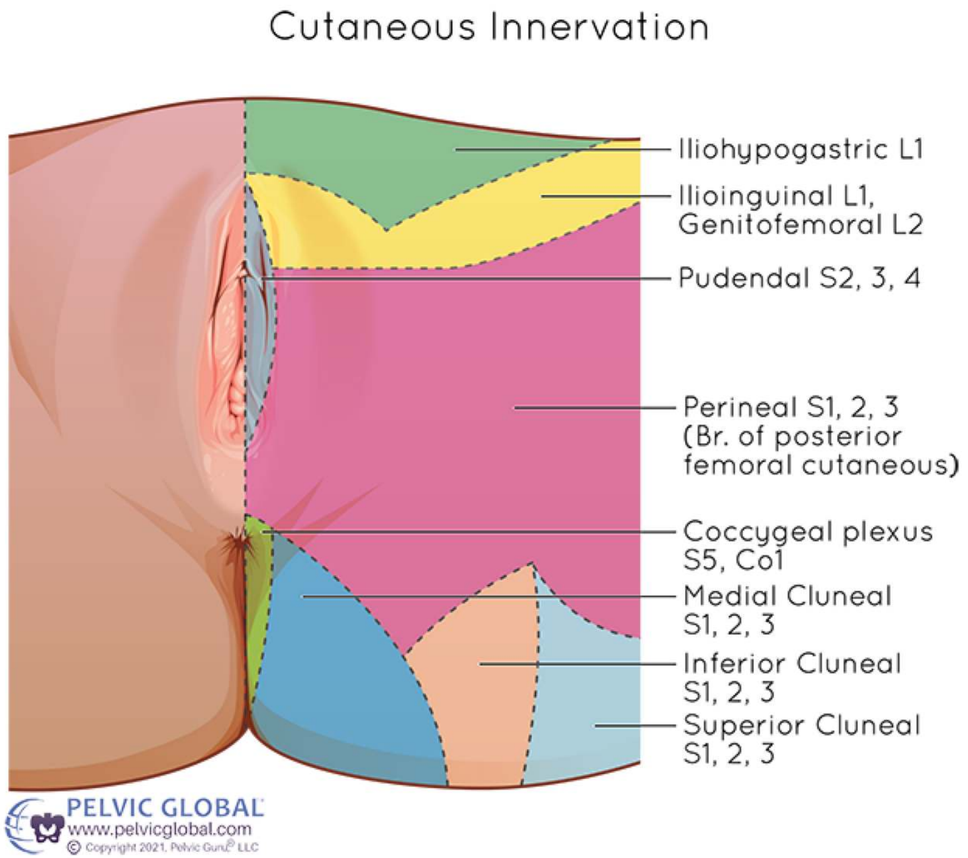


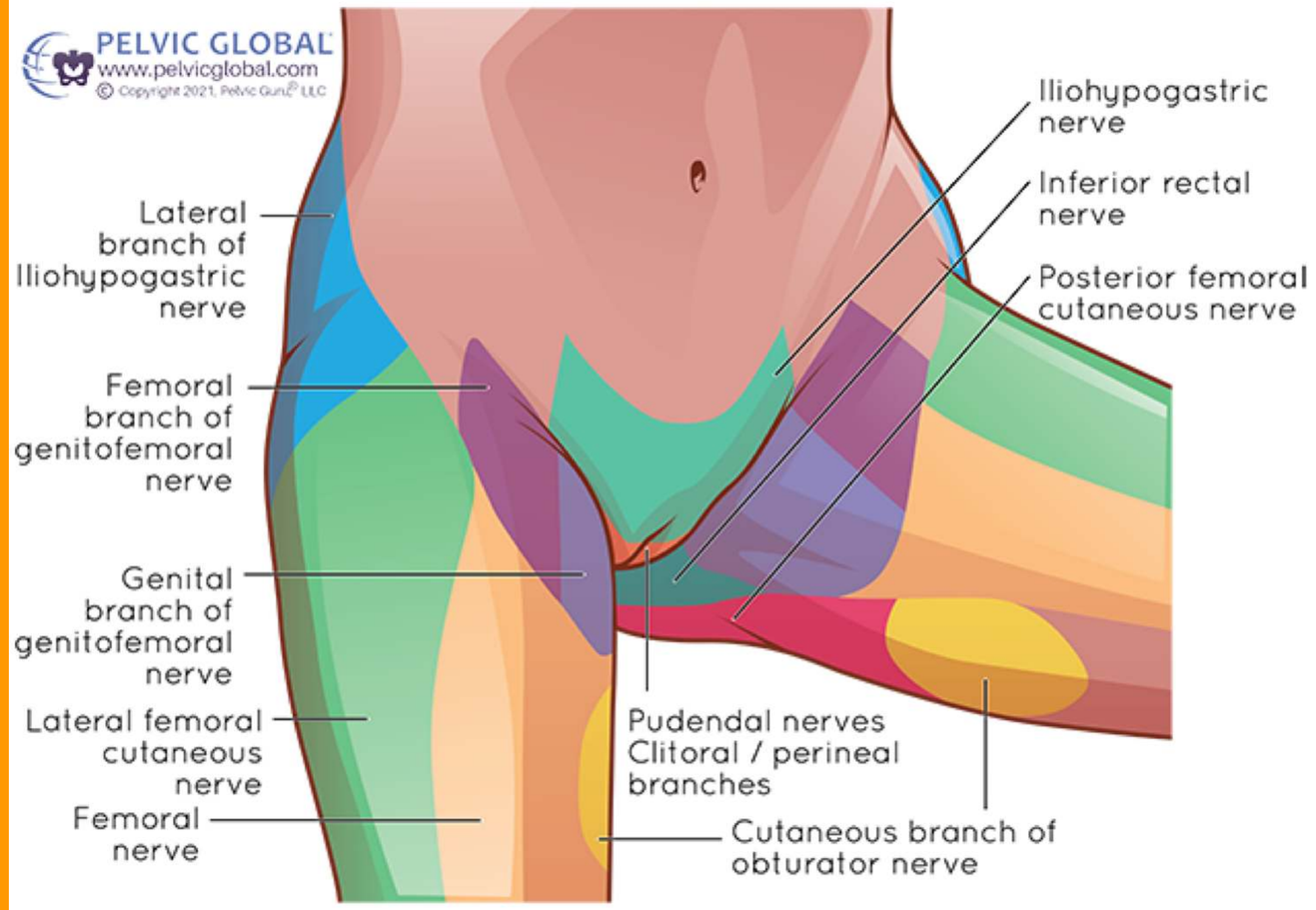
There are more nerves than “just the clitoris” to consider





There are more nerves than “just the clitoris” to consider





Your Pelvic Floor & Brain Have to Know How to Communicate

3

Your brain needs to know the “basics” for how to connect to the pelvic floor muscles automatically for slow movements...



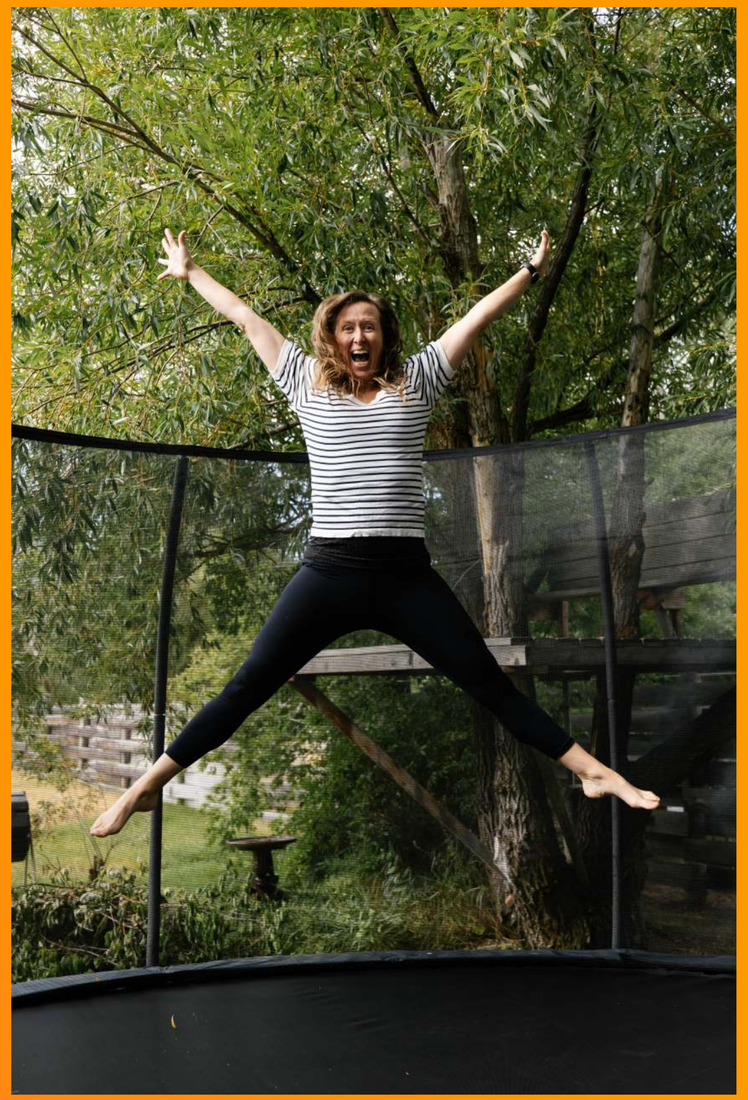
Like Standing, Walking & Drinking Coffee!!

4

AND Fast ones!

Did you know a climax is essentially plyometrics for the pelvic floor??

You might need to “work up” to the harder task, or “practice” 🙂



Like Jumping on a Trampoline, Running, Coughing, and YES, CLIMAX!!!

Pelvic Floor + Physical Health + Mental Health = Libido

5

How are your basic blood values, blood pressure, and iron levels?

And finally, you DO need to have emotional space for intimacy?



Sometimes we have to go back to relationship basics before we can expect intimacy to improve





Ideas
for improving seggsy-time!

- Cooch Ball DAILY
  - Dilators or wands can also help!!
- Stretch legs and hips WITH A RELAXED PELVIC FLOOR!
- Learn what “excites you” & talk about that with your partner
- Be open to self play

Dr. Kelly ❤️





eekly Updates