The effectiveness of physical therapy treatment in patients with disorders of penetration
Genito-Pelvic Pain/Disorders of Penetration

- Intense fear or anxiety in anticipation of, during, or as a result of vaginal intercourse
- Pain condition experienced in vulvovaginal area during attempted or as a result of vaginal penetration
- Marked tension and tightening of the pelvic floor muscles during attempted vaginal penetration

(Medina, 2014)
Genito-Pelvic Pain/Disorders of Penetration

- Impaired in mechanism of muscle contraction and relaxation performance
- Muscles do not relax completely or contract when they should relax
- Difficult vaginal penetration

(Groysman, 2010; Fisher, 2007; Berman, 2000)
Objective

- Verify the effectiveness of physical therapy treatment in patients with disorders of penetration
Material and Methods

- Retrospective study
- Charts of patients that were unable to have vaginal penetration during sexual intercourse
- Physiotherapy Sector of Female Sexuality Ambulatory of Federal University of São Paulo
- Period: 2010-2013
Material and Methods

- Were collected data as:
  
  - Marital status
  - Length of union
  - Religion
  - Educational level
  - History of sexual trauma
  - Incidence of psychological disorders
  - Number of physical therapy sessions
  - Treatment outcomes
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Physical Therapy Intervention

- Desensitization of pelvic and perineal areas
- Digital vaginal introduction
- Manual techniques of myofascial release and stretching of the pelvic floor musculature

- Success of treatment: ability of the patient to be able to complete sexual intercourse including penetration of the penis
Results

- The sample consisted:
  - 20 women
  - Age 31 (± 10.8) years
  - 95% were in a stable relationship
  - Mean time of union of 6 (± 6.9) years
  - 40% of patients had college education
  - Religions - catholic (45%)
    - evangelical (40%)
  - 25% of patients had a history of depression
  - 30% reported some type of trauma or sexual abuse
Results

- The average number of physiotherapy sessions was 14.9 (± 9.4)

70% of patients were satisfied with the treatment and were considered cured.
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Conclusion

- The physiotherapy treatment can be effective in treating patients with complaints of inability to vaginal penetration, but more studies assessing physiotherapy interventions and with representative samples are needed.
Projeto Afrodite