



Projeto
Afrodite

The effectiveness of physical therapy treatment in patients
with disorders of penetration

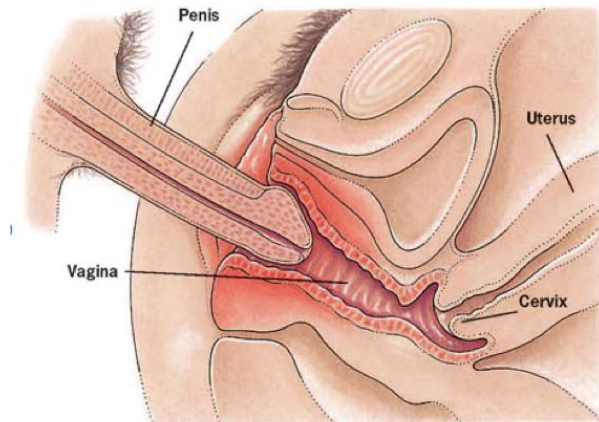
Genito-Pelvic Pain/Disorders of Penetration

- ❑ 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

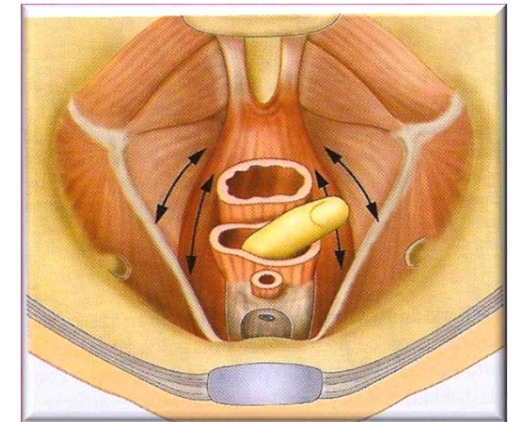
- ❑ Retrospective study
- ❑ Charts of patients that were unable to have vaginal penetration during sexual intercourse
- ❑ Physiotherapy Sector of Female Sexuality Ambulatory of Federal University of São Paulo
- ❑ Period: 2010-2013

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

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 (\pm 10.8) years
 - ❑ 95% were in a stable relationship
 - ❑ Mean time of union of 6 (\pm 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 (\pm 9.4)

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

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



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