

## Vaginismus



### ***What is it?***

Vaginismus is involuntary, chronic muscle spasm in the pelvis that makes vaginal penetration painful, and sometimes impossible. You may experience pain and/or inability to tolerate penile penetration, use of tampons, or gynecological examinations. Vaginismus is frequently the cause of unconsummated marriages/partnerships.

### ***Statistics:***

A study conducted in England shows that 40% of women report some type of sexual dysfunction, and that of those women with sexual dysfunction, 30% report having vaginismus.

### ***How can physical therapy help?***

Treatment consists of muscle relaxation and breathing techniques and patient education. Treatment is approximately 90% effective.

### ***Check it out!***

*Tightly Wound* by Shelby Hadden is a short film that explores her personal journey through finding a diagnosis and eventually overcoming her vaginismus.

### ***Sources:***

*Female Sexual Dysfunction: Evaluation and Treatment* by Nancy A. Phillips, MD

*Female Sexuality* by TS Sathyanarana Rao and Anil Kumar M Nagaraj

Picture: How does vaginismus develop? How does it appear? Suleymanakhan.com