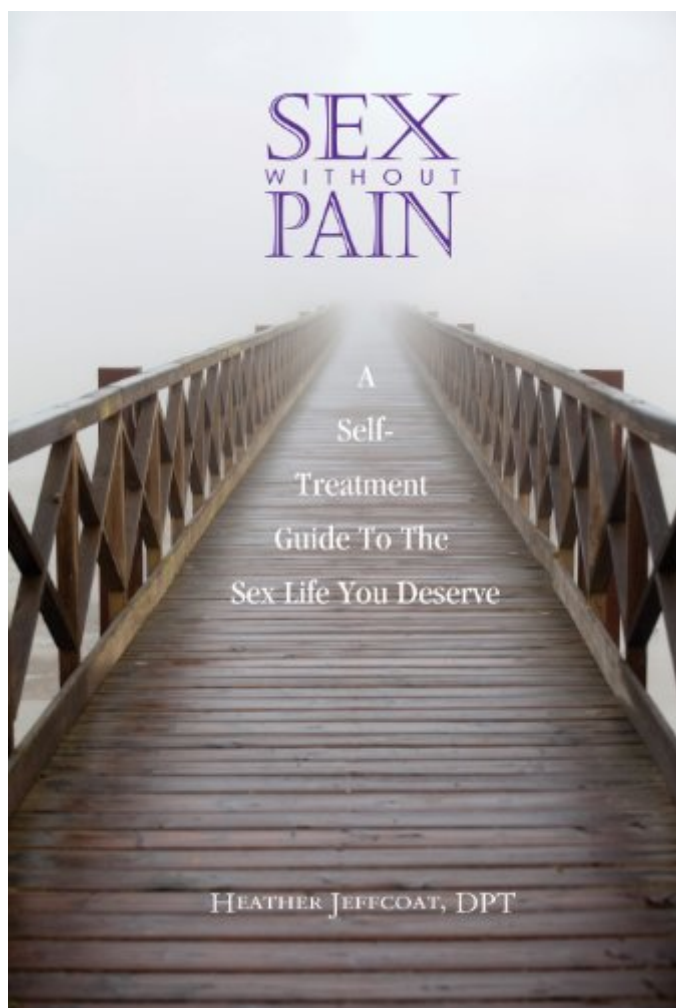


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# Sex Without Pain: A Self-Treatment Guide To The Sex Life You Deserve



## Synopsis

Sex doesn't have to hurt! Whether your pain during intercourse (or your partner's) began with a first sexual experience or after pregnancy or injury, this step-by-step guide - developed by a leading women's health physical therapist - can put you on the path to recovery, and to enjoying the sex life you deserve. Women who experience painful intercourse, including those diagnosed with vaginismus, overactive pelvic floor, vulvodynia, vulvar vestibulitis, vestibulodynia, dyspareunia, and interstitial cystitis, have all benefited from author and physical therapist Heather Jeffcoat's unique treatment program. Now, after years of experience and countless successes, Heather is sharing her insights and making her proven methods available as a self-treatment guide women and their partners can use in the comfort and privacy of their own homes. Using her orthopaedic background as a foundation, Heather's approach begins with a simple, but often overlooked, truth; pelvic muscles are muscles, and should be treated that way. Her program showcases the IRAS Method™ (pronounced "erase"), a series of physical therapy treatment techniques with proven results. In this book, she explains the anatomy of the pelvic floor and guides readers through the use of a self-treatment tool called a dilator to provide massage and other muscle relaxation - gentle stretching techniques designed to return a women's muscles back to a resting state. Detailed medical illustrations, step-by-step instructions, additional exercises for progressive relaxation and large muscle groups, and helpful links to a variety of resources - along with Heather's wealth of solid medical advice and encouragement - make this book a must-read for any woman pursuing the goal of a satisfying, pain free sex life.

## Book Information

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## Customer Reviews

This is an essential self help guide for women of all ages who have painful sex! This book is a terrific step by step guide to getting the sex life you want, and deserve. As a women's health Physical Therapist, I heartily endorse this book. it gives detailed information and would benefit many women with practical tips. This book goes over many things that a PT specialist would in a session and would be a valuable resource to many who have the widespread problem of painful sex. I have bought 2 copies already and they are on loan to my patients. Buy this book for yourself or a friend! It is excellent and women need to know that there are non-surgical and non-medicine options that can help.

OK, I got it for my Wife and it arrived yesterday. She did not Slap me in the Face so, So Far, So Good (that, as of itself, is worth five stars). She is Russian so she has to keep jumping back and forth with the Computer's Translator, it kind of dulls the "flow" of the text. As I am not also reading the book, I don't know whether to expect a call for "participation' or not; Perhaps, a Stunt Double. So, I will report back in two or three months by which time, things will be going great, or I will have hung myself.

Heather's book is invaluable, especially in a society where vaginismus and other pelvic floor muscular conditions are rarely acknowledged, diagnosed or treated as they should be--by working directly with the muscles involved. As a teen, I was embarrassed that I could not insert tampons without pain while my peers seemed to have no trouble. I stopped trying after increasingly painful attempts. When you have pain in awkward places for no apparent reason and physicians have no suggestions to offer, it can be embarrassing, scary and isolating. As an adult, my fiancée and I attended a pre-marital seminar, and one of the speakers mentioned pelvic floor conditions that affect many women. I did some research and immediately resonated with the symptoms of

vaginismus. I contacted the speaker of the seminar, and she recommended I attend an informative session taking place a few weeks later with Heather Jeffcoat, a physical therapist who specialized in pelvic floor. It was empowering to learn about the condition from a medical standpoint, and learn that the pain I'd experienced since my teen years wasn't just in my head, but had a name and treatment options that would address the muscles involved. As with all physical therapy, working with the muscles to reduce tension and increase flexibility is what reduces and ends pain. This book provides a doable, affordable option for those without access to a physical therapist specializing in this area. Heather's book walks through stretches, massage, and pressure point therapies that are easily implementable at home. Heather is a pioneer in this area of physical therapy, and I don't know that I would have found any answers or effective treatment had she not focused her area of study on pelvic floor and made such headway in providing education on these often undiagnosed conditions. Since beginning the program, I've made considerable progress. I can now insert tampons without any pain and am working towards pain-free sex. I'm extremely thankful for Heather's physical therapy methods.

Heather's advice changed my sanity and my marriage! Post partum I suffered from painful sex to the point that it was affecting my marriage and I was doing everything to avoid having intercourse. Besides being frustrated with my body not snapping back post C-section, the pain with sex was the final straw. My Ob/Gyn had told me I had 'Old Lady Vagina' post partum and that it would go away 'eventually' when my hormones normalized. A year post partum, I started thinking I was 'broken' and would never regain the ability to enjoy sex, plus my husband was getting tired of being patient. This book has helped me visualize where the problem was coming from, work on ways to address that problem, and gave me exercises that honestly helped not only get my body back to functioning, but saved my marriage and sanity too. The exercises are simple, the instructions are easy, and the pictures help you see what/where the muscle issues are. That is it! Just like any muscle, you can retrain them to work properly again—don't suffer in silence, don't 'dread' sex, and don't beat yourself up over this. This is something simple you can do at home (new baby—don't have time to go to more doctor appointments!) and do it for yourself and your partner, it's worth it! Thank you for writing this book.

This is a wonderful self-treatment guide and I cannot recommend this book enough. So many women suffer in silence from painful intercourse and chronic vaginal irritation. Many physicians say, "There is nothing medically wrong," and you begin to feel hopeless and think your

issues are inside of your head. I am here to tell you there is help out there, and it is this book. *Sex Without Pain* can 100% change your life. Under the careful guidance that Heather Jeffcoat provides in this book, you will learn that the pelvic floor is filled with muscles and with the simple exercises prescribed here, you can gain some very valuable tools, that may just help get your life back!

As many with vaginismus will attest, I felt so confused and broken before I stumbled upon this book. Despite several gynecologist visits (during which I was always assured that the discomfort would eventually go away) I was still experiencing excruciating pain, so the straightforward title of this book definitely hooked me. The steps are clear, gentle, concise and accessible. The author is encouraging without being pushy, and provides sympathetic direction and open discussion of a physical (and deeply emotional) condition I had never heard of before I was "diagnosed." I have been working, slowly but surely, through the steps and my husband and I have seen amazing progress. We now have so much hope.

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