

Best Practices for Easier, Pain-Free Penetrative Sex



This handout was created as a free resource
from Dr. Summer Reynolds, a physical therapist
in women's health & Andrea Bertoli, Pleasure
Coach & Sex Educator

**This free
guide is
your
pathway to
better
pleasure.**

Dr. Summer and Sex Coach Andrea created this guide to help patients and clients access their deepest pleasure before, during, or after pelvic floor physical therapy. In this document you'll find strategies to make penetration easier and more pleasurable. The list includes physical practices you can do to help ease penetration, and includes some products to consider. After that, you'll find some relationship and sex tips to help guide you and your partner towards a deeper understanding of sex and pleasure.

If you would like additional physical support from Dr. Summer or additional relationship and sex coaching from Andrea, please reach out to us using the following contact methods:

Dr. Summer Reynolds
Email: summerreynoldspt@gmail.com
Phone: (415) 225-0114

Andrea Devon Bertoli
Email: [Hello@AndreaBertoli.com](mailto>Hello@AndreaBertoli.com)
Phone: 808-492-3819

Practices for Easier, Pain-Free Sex



COMMUNICATION IS KEY

You are responsible for your own pleasure! Learning how your body works allows you to be a leader in your sexual play, and learning how to communicate what you need (pace, depth, pressure, etc.) is important to better, safer sex.

READINESS // PHYSICAL & EMOTIONAL



Be sure you are actually ready to have penetrative sex: this starts by learning your arousal indicators. Play with all other aspects of great sex prior to penetration, such as sensual touch, manual stimulation, sex toys, oral sex, and more. Signs of arousal include engorged (plump) labia that are more open, a retracted clitoral hood, clitoral engorgement, and you may have increased lubrication. If not, see below!

LUBRICATION



Become accustomed to using lubricant for every sexual encounter. Water-based lubricant tends to be less irritating to sensitive skin. Find a lube that doesn't become tacky with friction. Many people like silicone lube, and others like oil-based lubricant (please note that oil-based lube is not compatible with condoms).

BREATHE AND BULGE



Practice this breathing pattern to tune into your body and learn to relax your pelvic floor.

- Breathe in and let your abdomen relax. Breathe into your lower ribs, expand your breathing diaphragm 360 degrees, like an umbrella opening. Imagine that as you inhale, you are breathing all the way down into your pelvic floor.
 - Practice inhaling and dropping or gently “bulging” your pelvic floor down towards your feet. Imagine that as you inhale your pelvic floor is opening and reaching for your partner. Keep this gentle bulge as they enter your vagina. Please don't hold your breath and push, and avoid pelvic floor contractions immediately prior to penetration. Keep breathing throughout your entry and during intercourse.
-



STRETCH

Consider stretching your back, hips, and legs prior to having sex. Make it fun and help each other out... you can incorporate stretching and play as part of our foreplay and include sensual touch with your partner!

Posture ideas: knee(s) to chest, happy baby pose, child's pose, sphinx pose, upward and downward dog, pelvic tilts, kneeling hamstring to hip flexor stretch.



NEURAL GLIDES

- Your nerves need to stretch as well, particularly if you are stressed.
 - Sciatic nerve glide: lay on your back and kick your leg up in the air, bend and straighten your knee back and forth
 - Femoral: lay on your back and hang one leg off the edge of the bed, bend and straighten your knee
 - Obturator: kneel and then place one foot out to the side (think of Captain Morgan) and shift your weight from one leg to the other
 - Add some pelvic tilts and head nods.
-



MANUAL THERAPY

Practice your own manual (vulva and vaginal) therapy as needed, at any time. You can do this prior to, during, and/or after penetrative sex (see other handout on pelvic floor massage). Don't be afraid to tell your partner if you need to stop in the middle of intercourse to attend to sensation or pain.



SEX POSITIONS & STYLE

Everyone will have different preferences for sexual positions, and you need to experiment with what feels good and safe for your body. You can try being on top so you can control the depth of the penetration.

No matter the position, remember to move slowly, gently, and breathe during intercourse. Avoid fast, hard, slamming sex. Be gentle with your body. Slow and gentle can be hot!



PRODUCTS

- Ohnut: These are silicone rings that act as a bumper/buffer to create depth that feels better for you, while maintaining sensation for your partner.
 - Pelvic wand: A tool to assist with deeper pelvic floor muscle release.
 - Vaginal dilators: These come in a set to assist with a slow, gradual stretch of the pelvic floor, increasing by girth and length.
-

Rethinking Sex Practices: Hot Tips from Andrea The Sex Coach

Many couples have challenges when it comes to sex and intimacy. While individual factors sometimes vary, the common denominator is that we simply have not yet learned how to have conversations around sex and relationships. We've been taught that having conversations about these sensitive subjects means something is wrong in the relationship, and it's just not true. We all deserve the sex and pleasure that we desire, and sometimes it takes a bit of work to get there.

So if you're struggling with sex, intimacy, pleasure, or your relationship, you're not alone, and support is available!

As a Sex Coach I can help people rethink sex and pleasure, and unwind ideas about what sex 'should be.' Sometimes we carry around outdated messaging (from family, culture, religion or social constructs) that can leave us feeling like something is missing, or that something is wrong with our bodies or our relationship. But when we gain a better understanding about how our bodies work, how desire happens, and how to build more connected relationships, we can truly begin to grow.

On the next page I've shared three of the most important things that people need to know about sex and pleasure:

1. **Desire Frameworks**
2. **Sex vs. Connection**
3. **The Ecosystem of Intimacy**



RETHINKING SEX PRACTICES: HOT TIPS FROM ANDREA THE SEX COACH

1

Desire Frameworks: Spontaneous or Responsive?

Spontaneous desire often feels like a bolt of lightning, and this is the only way we see desire represented in the media. While many people do have spontaneous desire, a lot of us have a **responsive desire**. This means we need to have sexual input and intimacy to respond to, and we might take awhile to 'warm up.' For example, some people need to get started with sex before desire emerges. This is natural and normal!

2

Sex or Connection: Which comes first?

Many (if not most) people need to feel emotionally connected in order to have sex. That means for a lot of us, we need to build connection and intimacy in ways that don't involve sex. This could be cooking, dancing, or playing together. I encourage couples to practice non-sexual intimacy—acts that bring us closer, but are not focused on sex. This could include activities like massages and showers together. On the other hand, some people need to have sex to feel emotionally connected. Which applies to you and your partner? Those that need emotional connection should have that need prioritized for safety.

3

Building the Ecosystem of Intimacy

Many people express challenges with their sex lives, but often it's a challenge of intimacy. They do not feel close, trusting, or connected with their partner. Building an 'ecosystem of intimacy' based on non-sexual touch and other intimacy-building practices can be deeply healing for both partners and create space for better sex. Ask your partner, what would help you feel closer to me right now? We each have ways to feel more loved and more connected... what a joy to discover that for our partners, and ourselves.