

## Successful Sex Positions for Medical Conditions - pg. 1

Body Condition	Medical Definition of Condition	Sexual Position to Avoid	Recommended Sexual Position
<ul style="list-style-type: none"> <li>- Low Back Pain</li> <li>- Lumbar Spine</li> <li>- Herniated Disc</li> </ul>	Protrusion/extrusion of discal material out of intervertebral space with possible nerve compression.	Missionary position with or without the knees pulled out to side or back toward chest.	<ul style="list-style-type: none"> <li>- All fours position with a focus on lumbar extension (lift your buttocks in the air).</li> <li>- If woman has the back issue, then try woman on top. Keep your back straight and don't lean in by flexing spine. Leaning in causes increased stress on the spine.</li> </ul>
<ul style="list-style-type: none"> <li>- Sciatica</li> </ul>	Nerve irritation of the sciatic nerve.	<ul style="list-style-type: none"> <li>- Missionary position with or without the knees pulled out to side or back toward chest.</li> <li>- Missionary position with legs straight in the air causes too much traction on the nerve.</li> </ul>	<ul style="list-style-type: none"> <li>- All fours position with a focus on lumbar extension (lift your buttocks in the air).</li> <li>- Spooning, where you lie next to your partner either facing toward or away from him/her.</li> </ul>
<ul style="list-style-type: none"> <li>- Post-Partum Women</li> </ul>	Having a baby can cause a multitude of body issues. Don't rush this. Wait a minimum of 6 weeks until you are fully healed.	<ul style="list-style-type: none"> <li>- Missionary position and deep thrusting.</li> <li>- Make sure to use organic water-based lubricants.</li> </ul>	<ul style="list-style-type: none"> <li>- Spooning, where you lie next to your partner either facing toward or away from him/her.</li> </ul>
Pelvic Floor Muscle Dysfunction (including incontinence and pelvic pain)	Pain, spasm, weakness, or in-coordination of the pelvic floor muscles.	<ul style="list-style-type: none"> <li>- Missionary position.</li> </ul>	<ul style="list-style-type: none"> <li>- Spooning: side-lying.</li> <li>- Woman on top with several pillows placed on partner's thighs. This helps to manage the depth of penetration.</li> </ul>

## Successful Sex Positions for Medical Conditions - pg. 2

Body Condition	Medical Definition of Condition	Sexual Position to Avoid	Recommended Sexual Position
- Sacroiliac Joint Dysfunction	Excessive or inadequate sacral motion.	- Missionary position with or without the knees pulled out to side.	- All fours with the pelvis in neutral alignment.  - Spooning.  - Reverse cow girl: Your partner lies on his back and you straddle him with your back away from him. This position keeps the pelvis in neutral.
- Hip Pain	Any condition that produces pain in the hips can include arthritis, bursitis, inflammation, trigger points and pelvic floor muscle dysfunction.	- All fours.  - Woman on top.  - Reverse cow girl.	- While standing, lean on sturdy furniture as your partner enters from behind.
- Prolapse Organs- Bladder, Rectum or Uterus	Conditions where the bladder, uterus or rectum do not have enough support from the pelvic floor muscles.	- Standing.  - Cow girl.  - Reverse cow girl.	- Modified missionary with a few pillows under your pelvis.
Bladder Conditions such as Interstitial Cystitis, Painful Bladder Syndrome or Urgency	Conditions that affect bladder functioning with bladder nerves, bladder, pelvic floor muscles involvement.	- All fours.  - Missionary.	- Resting position: On back with a couple of pillows underneath. The pelvis is high and the bladder and uterus reposition themselves.