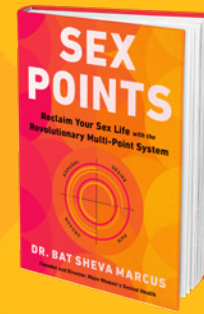




DR. BAT SHEVA  
THE PLEASURE  
OF BEING ALIVE



# SEX POINTS

## A GUIDE FOR PELVIC HEALTH PHYSICAL THERAPISTS

You are in the front lines of pelvic pain. I get that. I also know that women's sexual health is so multi-factorial that the patients who come to you to solve their pelvic floor issues also have other sexual concerns: problems with desire, arousal or orgasm. And the waters can so easily get muddied. Is the pain contributing to the other problems? Have the other problems contributed to the pain? Is it possible that the other problems stand independently of the pain? **I BELIEVE [Sex Points](#) CAN HELP YOU HELP YOUR PATIENTS DISENTANGLE SOME OF THE MESSINESS.**

Patients are lucky to be seeing you because Pelvic Floor Physical Therapists are one of the few medical providers today who schedule long appointments on a regular basis! This allows you to talk to patients, acquaint yourself with their bodies, and touch upon their pain in a way many others can't, and, as a result, they trust you.

Suggesting to patients that they read [Sex Points](#) while they work with you, **JUST MIGHT MAKE YOUR JOB A LITTLE BIT EASIER.** Here's why:

### PAIN

- [Sex Points](#) outlines the difference between **VAGINISMUS, VULVODYNIA, VESTIBULODYNIA AND DYSpareunia** in a way that is easy for them to understand so that you don't have to spend a great deal of time on the basics. The book will give them a vocabulary to speak with you about the subject more specifically, so that you can be more helpful to them.
- It also outlines the primary causes of pain: **TIGHT MUSCLES, HORMONAL DEFICIENCIES, AND NEUROLOGICAL ISSUES** so that they begin to understand the underlying problems and ultimately the solutions as you explain them.
- As women get older and start heading into menopause, often the pain they experience is both a result of hormonal issues and concomitant to other problems that arise because of hormonal changes in their bodies. This book explains the contributing factors and can guide them in finding useful solutions.





- The book **EXPLAINS TO PATIENTS WHY SEEING A THERAPIST MIGHT BE HELPFUL IN ADDITION TO THE TREATMENTS THAT THEY MIGHT BE DOING WITH YOU**. Patients don't like to feel like their pain issues are being dismissed as all in their head. But the book outlines for them the secondary issues that might arise due to pain issues and how psychotherapy might be helpful as an adjunct.



## **AROUSAL AND DESIRE**

- **Sex Points** will help them differentiate between **AROUSAL AND DESIRE** issues. While frequently comorbid, they often need to be addressed separately. This can be confusing to them, and to you, the practitioner. Having them able to articulate which problem they are primarily facing can be extremely useful to you when treating them.
- It outlines the current medical approaches that can be taken in each of these cases. It includes a **LIST OF MEDICATIONS** that may be exacerbating the problems as well as those that might be able to help. This will allow your patients to discuss these with you from a more educated perspective and **HELP YOU HELP THEM FIND AN APPROPRIATE FOLLOW UP PROVIDER**.
- It will help them see that while the pain may have contributed to the low desire, that issue might live side-by-side with the low desire and need to be addressed separately, with either another medical practitioner and/or a psychotherapist.
- It will allow patients to begin to separate whether they believe psychotherapy can be helpful and which type of psychotherapy is most appropriate for them. Some patients may benefit from more cognitive-behavioral work, others with trauma treatment and others with somatic therapy. This book will help them figure that out.



## ORGASM

- It is nearly impossible for most health care practitioners to spend the time needed to separate between **PRIMARY AND SECONDARY ANORGASMIA AND UNIVERSAL VS SITUATIONAL ANORGASMIA**. It's also just plain hard to talk about! But understanding these distinctions may have a significant impact on how you discuss the issue with your patient and what type of expanded treatment you might suggest to them.
- **Sex Points** lays out the parameters for each, so that a **PATIENT CAN DIFFERENTIATE AND ARTICULATE TO YOU** the information that will most **ALLOW YOU TO HELP THEM FIND AN APPROPRIATE FOLLOW UP PROVIDER**.
- It lays out the medical options that might be available to help them for these issues, as well as the current medications that might be hampering their orgasmic ability. Again, this can prove to be a time-save for you in explaining and giving the necessary background and **HELP YOU TO GUIDE THEM ON THEIR NEXT STEPS**.



## ADDITIONAL RESOURCES

- **Sex Points** OFFERS AN ADDITIONAL LIST OF **RESOURCES** on nearly every aspect of a woman's sex life. These are books that patients can call upon to help them through their ever-changing journey and exploration of their sex life.

