

# PROLAPSE TIPS

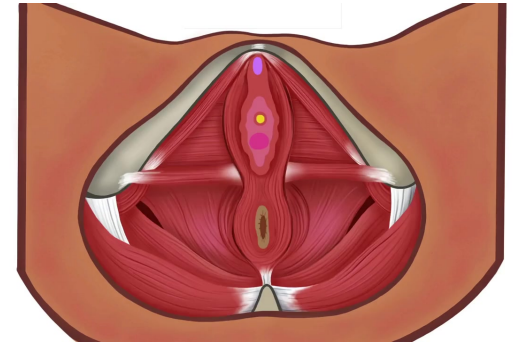
**1** Talk



**2** Lubrication



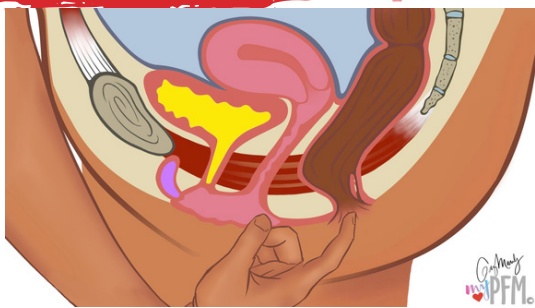
**3** Entry:  
Relax PFM



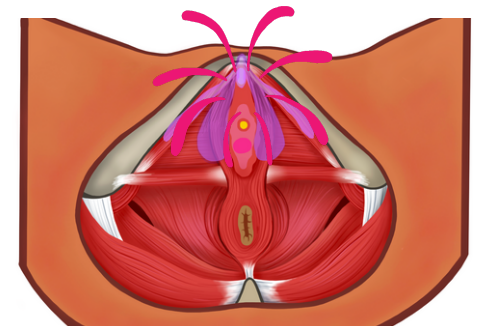
**4** Gravity Assist



**8** Anus Stimulation



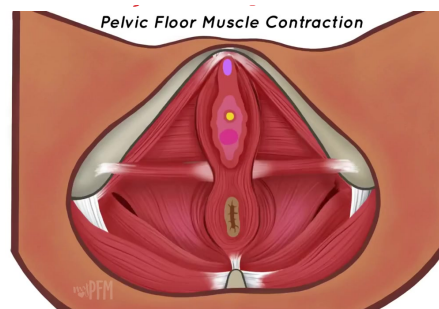
**5** Clitoral Stimulation



**7** New Positions



**6** Thrusting:  
Squeeze PFM



# Sex

# PROLAPSE TIPS

1

Talk: most partners don't want to hurt you and want to bring you pleasure too. Talking about it relieves fear and anxiety for both of you.

2

Lubrication helps everything glide easier with less friction. One of my favorites is coconut oil as long as you aren't using a condom for birth control!

3

Relaxing the pelvic floor muscles with vaginal insertion makes entry easier and reduces friction.

4

Getting your pelvis above your heart is helpful to reposition the organs. For some (especially "doggy style" type positions", it may cause queefing. This is air exiting the vaginal canal- it is not dangerous but some find it embarrassing. See what works for your body!

5

Most people that have clitoris's NEED stimulation of the clitoris to achieve orgasm! Experiment externally and internally to see what works best for you!

6

Actively squeezing the pelvic floor muscles during the thrusting motion of sex increases sensation and tone for both of you!

7

Some people find that lying on their stomach with vaginal entry from behind is a delightful change of pace. Experiment and see what works best for you and your partner.

8

Stimulation of the anus can be very pleasurable for some people if both people want to participate in it. Be sure NOT to touch the vagina or urethra if you have touched the anus unless you wash thoroughly.