

What can physical therapy do for the following:

- **Painful intercourse?** Scarring to the perineum from traumatic childbirth, episiotomy or radiation can cause tight pelvic floor muscles and contribute to painful sexual activity and other pelvic pain condition. Some women develop painful intercourse with bladder conditions, endometriosis and at menopause. Women can also develop an involuntary spasm of some or all of the vaginal muscles that can prevent penetration, called *vaginismus*. Special training is provided for pelvic floor muscle control, stretching and relaxation.