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Increasing Orgasm and Decreasing Dyspareunia (Painful Intercourse) by a Manual Physical Therapy Technique*

* **Wurn Technique®**, patent pending

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Abstract

Context: Female sexual pain and dysfunction

Objective: To evaluate the effectiveness of a new site-specific manual soft tissue therapy in increasing orgasm and reducing dyspareunia (painful intercourse) in women with histories indicating abdominopelvic adhesion formation.

Design and Intervention: 29 new patients presenting with infertility or abdominopelvic pain-related problems, and also indicating sexual pain or dysfunction, received a series of treatments (mean, 19.5 hours) designed to address biomechanical dysfunction and restricted mobility due to adhesions affecting the reproductive organs and adjacent structures.

Outcome Measures: Primary outcome measures were posttest vs. pretest scores on: (a) the Female Sexual Function Index (FSFI) full scale, orgasm domain, and pain domain; and (b) three supplemental 10-point rating scales of sexual pain levels. Secondary outcome measures were posttest vs. pretest scores in the other four FSFI domains (desire, arousal, lubrication, and satisfaction). The Wilcoxon Signed-Ranks Test was used for all statistical analyses.

Results: For the 23 patients available for follow-up, the paired FSFI posttest vs. pretest scores were significant ($P \leq 0.003$) on all measures. Of the 17 patients who completed the three sexual pain scales, the paired posttest vs. pretest scores were significant ($P \leq 0.002$)

Conclusions: Many cases of inhibited orgasm, dyspareunia, and other aspects of sexual dysfunction appear treatable by a distinctive, non-invasive manual therapy with no risks and few, if any, adverse effects. The therapy should be considered a new adjunct to existing gynecologic and medical treatments.