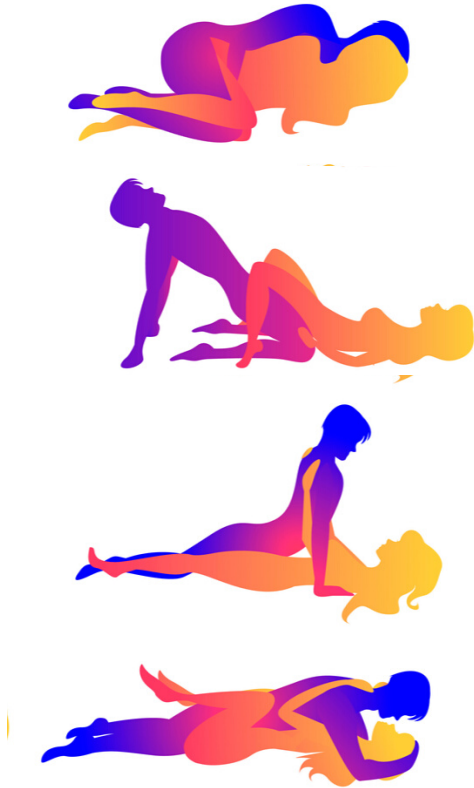


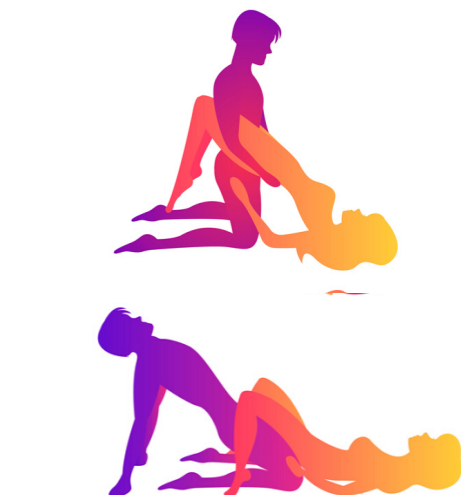
# Suggested Sex Positions

## WEAK CORE



- Wear an abdominal binder for extra support
- Laying on your back or side allows you to feel supported with less stress on your abdominal muscles
- Allow your partner to do the work of thrusting

## INCONTINENCE WITH ORGASM

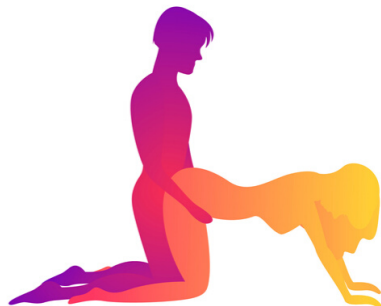
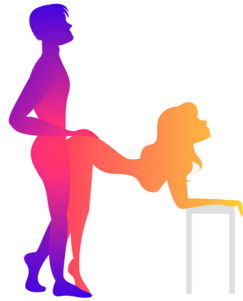


- Elevate your pelvis and buttocks to take pressure off of your bladder
- Use pillows under your buttocks to provide support

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## SENSITIVE CESAREAN SCAR

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- Avoid your partner or the bed making contact with your scar
- Use positions that you feel comfortable in throughout the day.
- Use an abdominal binder for extra support

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## PAIN WITH PENETRATION

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## SELF-CONSCIOUS ABOUT BELLY

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- Positioning yourself on top allows you to control the speed and depth of penetration
- Inhaling and relaxing your pelvic floor during penetration can increase comfort

- Laying on your back keeps your belly looking extra slim.
- Remember you are your own toughest critique