

Can Clitorally Stimulated Orgasms Contribute to Improved Pelvic Floor Muscle Function?

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Introduction

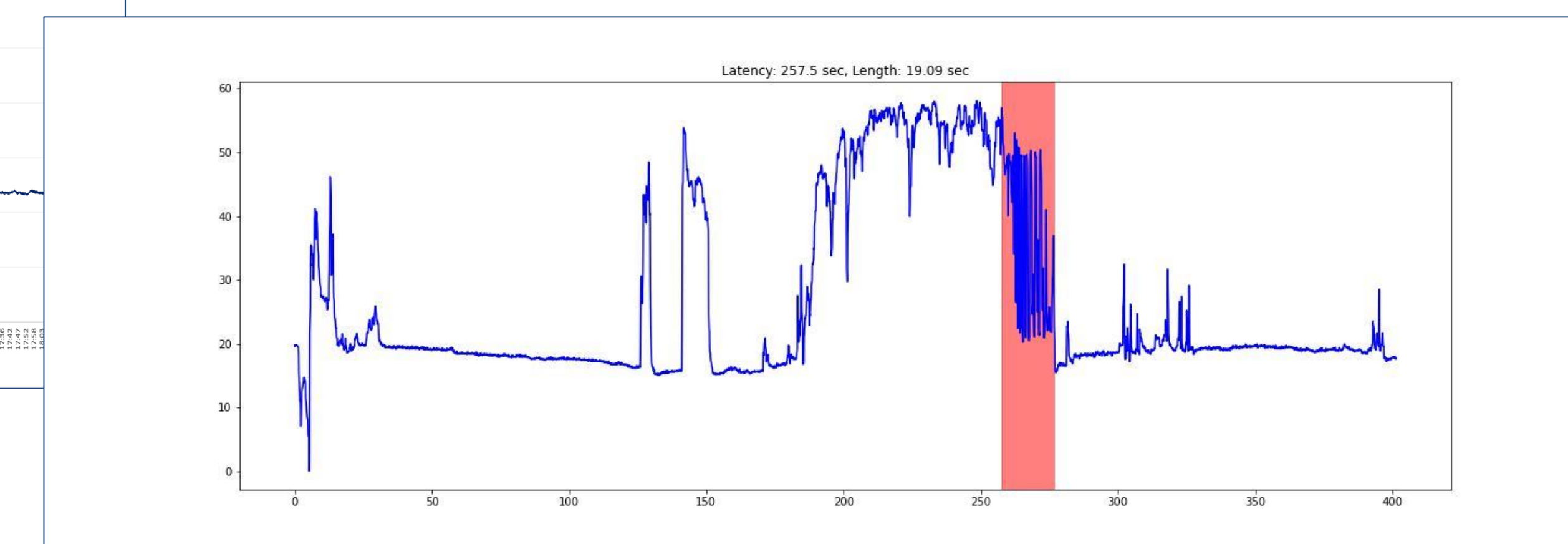
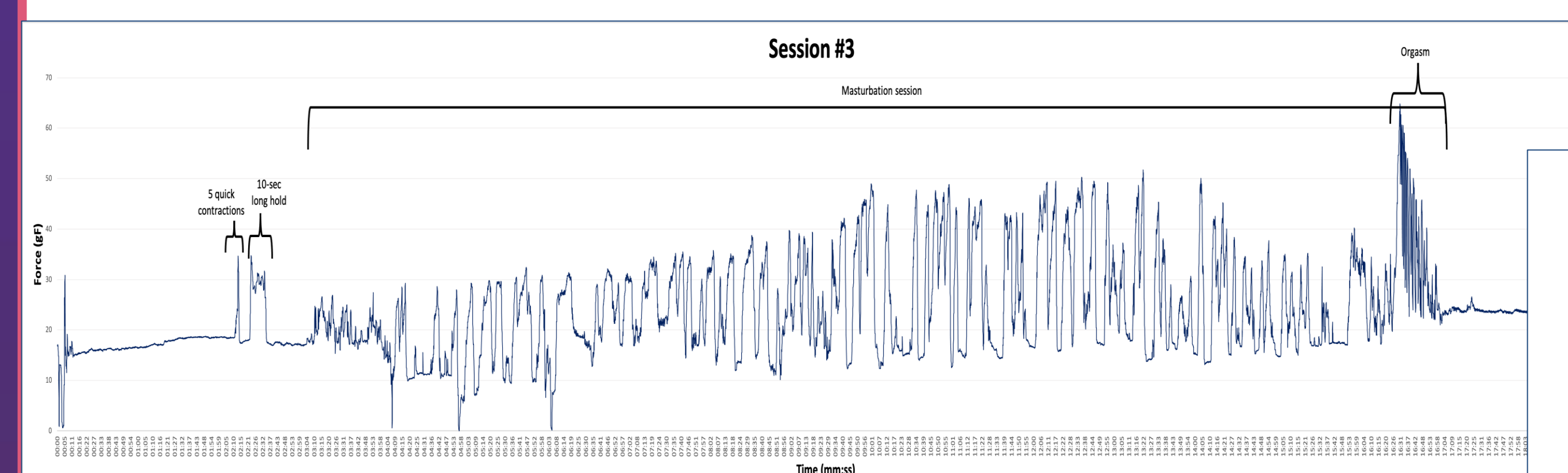
- ❖ This pilot sought to prove whether pelvic floor muscle (PFM) g-force during orgasm was greater than volitional PFM fast twitch and/or sustained contractions. The study utilized data gleaned from the Lioness Smart Vibrator™ (LSV), an intravaginal, pressure biofeedback device with an external clitoral vibrator, to compare pelvic floor muscle (PFM) g-force at rest, during voluntary contractions, throughout perceived orgasm, and with post-orgasmic recovery.

Aim

- ❖ Literature supports improve female sexual function and urogenital dysfunctions through active PMF exercise and improved function
- ❖ Recent study¹ with 53 female subjects (mean – 54.7 years; range 19-80yrs)
 - ~ Completed a battery of validated health questionnaires
 - ~ Utilized Bullet vibrator on external genitalia – 5-10min, 2-3x/week
- ❖ Findings suggest significant improvement in
 - ~ Domains of sexual satisfaction, desire, arousal and orgasm
 - ~ Urogenital and mental health¹

Method

- ❖ Lioness Smart Vibrator™ (LSV) capable of recording PMF contractions with and without clitoral vibration
- ❖ Ability to perform PFM contractions confirmed via intervaginal assessment
- ❖ Participants recorded multiple at-home sessions including
 - ~ a) 2min rest, b) 5 quick squeezes-then-release single contraction, c) 10sec rest, d) 10sec squeeze-and-hold single contraction, e) 30sec rest, f) clitoral vibration added until end of orgasm g) perceived onset/end of climax marked in real time, and g) final 2min post-orgasmic recovery
- ❖ Anonymized data assessed for PFM g-force a) at rest, b) during volitional and reflexive contractions, and c) with post-orgasmic PFM recovery
- ❖ Highest g-forces during voluntary and orgasmic PFM contractions analyzed, utilizing paired t-test to assess for significance.



Results

- ❖ 37 sessions from 9 anonymous LSV users analyzed
- ❖ Overall **average duration of perceived orgasm was 22sec** (range 8.0 – 78.3sec)
- ❖ Overall **average peak PFM g-force during orgasm was significantly higher** (M = 53.47, SD = 14.92) than g-force during **quick-squeeze-then-release contraction** (M = 44.91, SD = 15.42, t(25)=-3.02, p<.05) and **squeeze-and-hold contraction** (M = 45.90, SD = 18.62, t(25)=-2.57, p<.05)
- ❖ Post-orgasm 2min PMF **recovery g-force** (M = 29.24, SD = 18.11) was **significantly higher than 10sec resting g-force following voluntary contractions** (M = 26.08, SD = 18.46, t(25) = -1.904, p<.05).

References

1. Dubinskaya A, Kohli P, Shoureshi P, et al. The Role of Vibrators in Women's Pelvic Health: An Alluring Tool to Improve Physical, Sexual, and Mental Health. *Int Urogynecol J*. 2024;35(5):1085-1092. doi:10.1007/s00192-024-05775-7.
2. Shafik A. The clitoromotor reflex. *Int Urogynecol J*. 1955; 6 (329-36).
3. Shafik A. The role of the levator ani muscle in evacuation, sexual performance and pelvic floor disorders. *Int Urogynecol J Pelvic Floor Dysfunct*. 2000 Dec;11(6):361-76. doi: 10.1007/pl00004028. PMID: 11147745.

Conclusion

- ❖ Research suggests PFM g-force created via orgasm significantly greater than voluntary quick and sustained PFM contractions when measured vaginally with pressure biofeedback
- ❖ Post-orgasmic PFM g-force is significantly greater than g-force following voluntary contractions
- ❖ Broadening study protocol may provide further insight into the value of utilizing therapeutically designed orgasmic repetition via clitoral stimulation as exercise capable of contributing to overall sexual function and as a successful treatment adjunct of etiologies related to PFM laxity and structural failures
- ❖ The 'clitoromotor reflex', in response to mechanical and/or electrical stimulation, is a possible mechanism driving PFM activity through clitoral vibratory stimulation²
- ❖ Further research is warranted to assess whether increased orgasmic frequency achieved through clitoral vibration can improve function in those diagnosed with prolapse, bowel/bladder dysfunctions, and sexual disorders
- ❖ Study confirms that Lioness Smart Vibrator™ is a valid tool capable of recording voluntary and reflex PFM activity before, during, and after the arousal cycle and during the perception of orgasm.