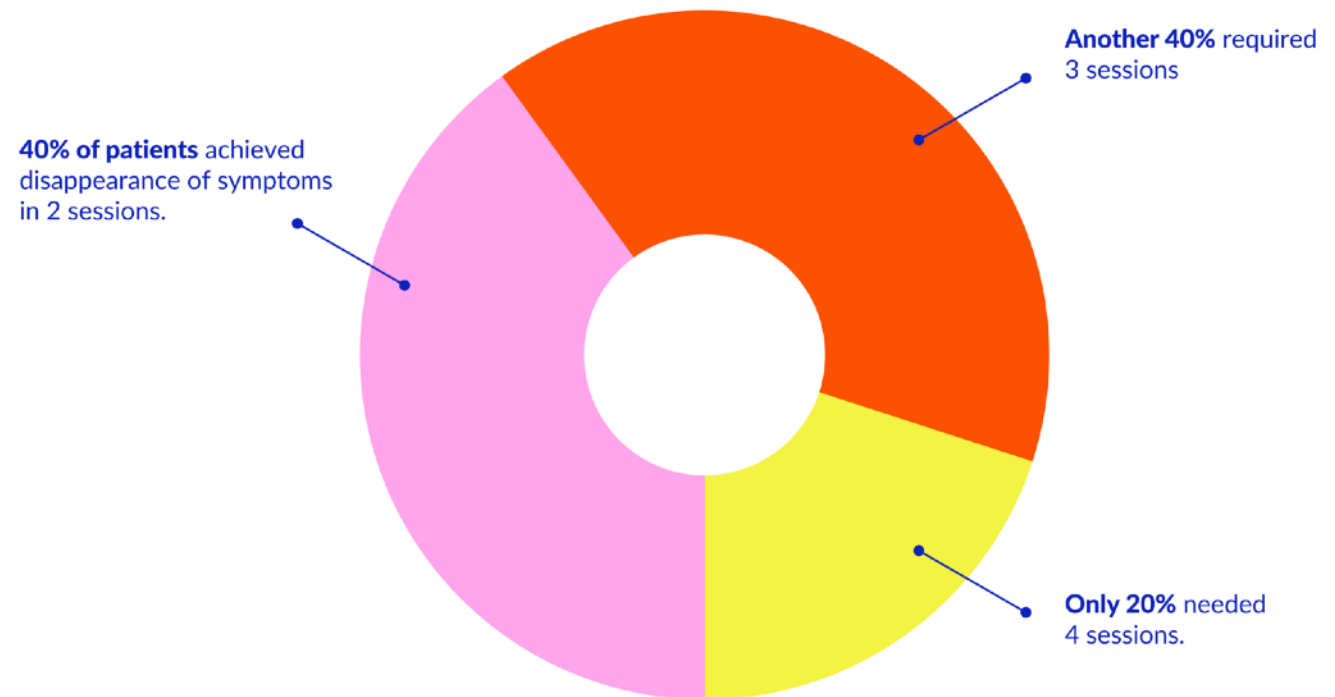


# Teaching pelvic floor coordination is a fast, effective, and non-pharmacological first-line treatment for dyspareunia.

Dyspareunia is a frequent problem in young women and significantly reduces quality of life. We evaluated a physiotherapy-based rehabilitation program including pelvic floor coordination, breathing techniques, and manual therapy.

40% of patients achieved full pain relief (VAS=0) after only 2 sessions. Another 40% needed 3 sessions, and 20% required 4 sessions. Some patients who practiced at home reached symptom disappearance after just 1 supervised session. Follow-up confirmed no relapse.



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Teaching proper pelvic floor coordination allows rapid symptom resolution in most patients and can be considered an effective non-pharmacological first-line treatment for dyspareunia.