

How vaginal massage can help nulliparous women with primary vaginismus in short period of time?

The average number of appointments needed to reach the full recovery varied from 5 to 7 each lasting up to 60 minutes. In most cases (85%) the main cause was bulbospongiosus muscles hypertonicity + fear of sex, pelvic assessment etc 1 visit - finger insertion then massage 3-7 visits - massage then dilators insertion

Material and methods

- 40 women with the diagnosis of primary vaginismus
- fear of gynecological examination, constant tension in the pelvis, burning sensation when trying to penetrate
- 2-19 years.

Key of treatment

- vaginal massage (stretching and kneading predominantly bulbospongiosus muscles)
- teaching patients the correct relaxation technique during sexual intercourse (stomach breathing, leg spreading, buttock relaxation)

