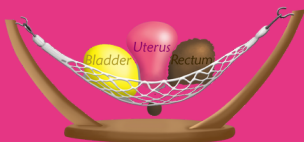


# Anal Sex

# &

# Rectoceles



## Is Anal Sex ok with a Rectocele?

Question 1:

Do **YOU** want to do it?

Question 2:

Is it consistent with your values?

If **YES** to questions 1 & 2, read on!



Weakened posterior tissue from severe perineal tears and/or Levator Avulsions needs special rehab.

If it feels good without increased symptoms, go for it!

If your symptoms increase, see a Pelvic PT



*FITT For Moms  
Prolapse Coaching*











Apply now for prolapse small group coaching

*myPFM*



# Anal Sex & Rectocele



	Enjoy 	Caution 	Avoid 
 Bleeding or Pain			
 Severe Tear or Avulsion	Healthy tissue	After tissue heals	While tissue heals
 Curved Partner/ Bad Angle	Feels good	Pain or pressure	Penis gets stuck
 Increased Pressure/ Symptoms		