

Sex Wey Dey Pain

Tension fo dem pelvic floor muscle wey surround d vagina, rectum, and vulva dey contribute to sex wey dey pain fo many pipo.



Pain



Pleasure

Dem Pelvic Floor Physical Therapy Tip

Get help wit everitin wey dey down & more!
A pelvic floor Fisiso fit help you achieve sex wey no dey pain!

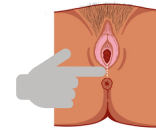
Pelvic Floor Release



Massage inside Toto

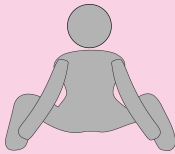


Dey Practice Squeeze/Let Am Go

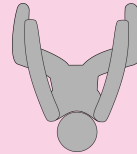


Massage fo Perineum

Stretching



Deep Squat



Happi Baby



Adductor Stretch

Dem Tool U Fit Use Fo House



Perifit Trainer



Dilators



Pelvic Wand

Whole Body



Spine

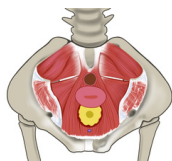


Mobiliti



Obturator & Waist

Pelvic Floor Fisiso



PFM wey dey Healthy



Hands-on



Pain No Dey

Free handouts & videos



Austin & Leander

