

# A Roadmap of Sexuality for Individuals with Spinal Cord Injuries

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# A Sexual Roadmap

**E**mbarking on the journey of intimate relationships after spinal cord injury (SCI) requires a thorough understanding of the physical aspects and anatomy related to sex.

We'll explore the intricacies of sexual anatomy, the impact of SCI on various functions, and how individuals can navigate this terrain to cultivate fulfilling and satisfying intimate lives.

## UNDERSTANDING SEXUAL ANATOMY

To navigate the landscape of sexual pleasure after a SCI, it's crucial to have a clear understanding of sexual anatomy. While the specifics can vary based on individual experiences, a basic knowledge of key structures can be empowering.

The spinal cord plays a central role in transmitting signals between the brain and the rest of the body, including the genital region. In the context of sexual function, messages related to arousal, sensation, and response pass through the spinal cord.

The level and extent of the SCI can impact these pathways, influencing various aspects of sexual function. For both men and women, the genital region is a focal point of sexual anatomy. In men, the penis and testicles are key structures, while in women, the clitoris, vulva, and vagina play central roles.

Understanding how these structures function and respond to stimulation is essential for individuals with SCI as they navigate their sexual journey.

## IMPACT OF SCI ON SEXUAL FUNCTION ERECTILE FUNCTION IN MEN

For men with SCI, issues related to erectile function may arise. The severity of the injury often determines the extent of erectile challenges.

Understanding the various options available, such as medications, vacuum erection devices, or surgical interventions, can empower individuals to make informed decisions about their sexual health.

## CHANGES IN SENSATION

SCI can lead to changes in sensation, affecting the ability to perceive touch, temperature, and pressure. It's crucial to explore the areas of heightened sensitivity and share with partners about what feels pleasurable.



**The level and extent of the spinal cord injury can impact these pathways, influencing various aspects of sexual function.**

Experimenting with different forms of stimulation and focusing on the connection between partners can contribute to a more satisfying intimate experience.

## DECREASED LUBRICATION

SCI can disrupt the autonomic nervous system, which regulates functions like vaginal lubrication. As a result, women with SCI may experience decreased natural lubrication, making sexual activity potentially less comfortable. The use of artificial lubricants can be helpful in addressing this issue.

## NAVIGATING THE SEXUAL ROADMAP COMMUNICATION WITH PARTNERS

Open communication with partners is fundamental in navigating the sexual roadmap after SCI. Discussing desires, concerns,

and preferences creates a supportive environment where both individuals feel understood and valued.

Partners can explore new ways of intimacy together, fostering a deeper connection.

### EXPERIMENTATION AND ADAPTATION

Experimentation and adaptation are key elements in navigating the terrain of sexual pleasure post-SCI. Trying different positions, incorporating assistive devices, and exploring sensory stimulation can lead to the discovery of what works best for individuals and their partners. A willingness to be creative and adaptable contributes to a more fulfilling sexual experience.

### SEEKING PROFESSIONAL GUIDANCE

Professional guidance from healthcare providers, sexologists, and therapists can provide valuable insights and support. These experts can offer information about adaptive strategies, address physical and psychological concerns, and guide individuals on their journey to sexual fulfilment.

In conclusion, navigating the sexual roadmap after spinal cord injury is a journey of empowerment through knowledge and communication. Understanding sexual anatomy, acknowledging the impact of SCI on various functions, and embracing adaptation and experimentation contribute to a fulfilling and satisfying intimate life.

By fostering open communication, seeking professional guidance, and approaching intimacy with curiosity and creativity, individuals with SCI can navigate this terrain with confidence and reclaim their sexual well-being. 

#### About The Author

Dr Danie Breedt is a passionate scholar-practitioner in the field of psychology. He divides his time between training, research and clinical practice. Danie works from an integrative interactional approach in psychotherapy, dealing with a wide range of emotional difficulties and sexual rehabilitation for patients with disabilities. He is the co-owner of Charis Psychological Services, a psychology practice that specialises in physical rehabilitation across South Africa.

## IMPACT OF SCI ON SEXUALITY

And possible solutions

### Sensation & Arousal

There is likely to be a lack of sensation below the level of injury, which affects arousal.

### Adapt & Experiment

Try new positions, explore different sensations or consider introducing assistive devices.

### Erection

Men with a SCI might struggle or be unable to have or keep an erection.

### Assistive Device

There are medications and assistive devices as well as surgical options to assist.

### Lubrication

Women with a SCI might experience a decline in natural lubrication.

### Artificial alternatives

There are artificial lubrications available that can assist.

### Confidence

An SCI can impact on self-esteem and confidence.

### Communication

Discuss desires, preferences and concerns to create a safe environment.

### Seek professional help

Professional assistance can help you better understand your limitations and options.



# Debunking myths

**H**aving with a spinal cord injury can bring about various challenges. Misconceptions about sexuality often contribute to anxiety and uncertainty that can inhibit satisfying intimate experiences. Here are a few common myths about sexuality and SCI as well as the reality.

## **BRAIN AS THE ULTIMATE SEXUAL ORGAN**

**Misconception: After a spinal cord injury, I won't be able to have sex.**

**Reality:** False. The most crucial sexual organ is the brain. While the way a person engages in sex may change post-SCI, creativity and playfulness become essential. The ability to explore new avenues and communicate openly about desires can lead to satisfying and rewarding sexual experiences.



**The ability to explore new avenues and communicate openly about desires can lead to satisfying and rewarding sexual experiences.**



The impact of SCI on sexual function depends on the injury's location and the presence of sensation, but it is possible to find ways to adapt and enjoy fulfilling sexual lives.

## **MEETING PARTNER'S NEEDS**

**Misconception: I won't be able to satisfy my partner's sexual needs.**

**Reality:** False. Open communication is key. Discussing each other's desires fosters a deeper understanding of what brings pleasure. An empowering way to approach sexual desire is to focus on what you have left

(e.g. sensation and mobility) after your SCI as opposed to fixating on what you have lost.

There are partners of individuals with SCI who report that post-injury, sex can be more fulfilling. The focus should be on mutual satisfaction, with an emphasis on understanding and adapting to each other's personal preferences to create richer and more gratifying sexual experiences.

## **FEAR OF RELATIONSHIP STRAIN**

**Misconception: My partner will leave me because I can't satisfy their needs sexually.**

**Reality:** False. Sexuality is just one aspect of a person. A relationship encompasses numerous factors such as emotional connection, spiritual beliefs, hobbies, and personal interests. While sexual fulfilment is important, it's not the sole ingredient of a "successful" relationship.

Prioritising mutual satisfaction and addressing various needs contribute to a healthy and enduring connection. Focusing solely on the sexual aspect can lead to a limited view of a relationship and potential dissatisfaction if other dimensions are neglected.

Although it is common to focus on an area in a relationship that we feel is lacking, paradoxically, if you prioritise intimacy, open communication and emotional connection the physical aspects tend to resolve itself.

## **FERTILITY CONCERNS**

**Misconception: I can't have children because of the spinal cord injury.**

**Reality:** False. Fertility is a complex matter, and having a spinal cord injury doesn't automatically exclude parenthood. It is crucial to consult with a sexologist and medical professional to explore options tailored to individual circumstances.

Both men and women with SCI may still be able to conceive. The injury itself doesn't

cause infertility, and with the right guidance, individuals can explore parenthood options that align with their goals.

**EMBRACING DIVERSITY IN EXPERIENCES**

It's essential to acknowledge the diversity of experiences within the SCI community. While some may encounter challenges, others find growth, intimacy, and deeper connections post-injury. Understanding that there are adaptive strategies and resources available can empower individuals to navigate changes and embrace their sexuality in new ways.



**If you prioritise intimacy, open communication and emotional connection, the physical aspects tend to resolve itself.**

**CONCLUSION**

In conclusion, debunking these misconceptions is vital for individuals with spinal cord injuries to lead fulfilling and satisfying lives. By recognising the importance of communication, adaptability, and seeking professional guidance, those affected by SCI can cultivate healthy relationships and maintain a positive and inclusive view of their sexual well-being.

Remember, sexuality is a multifaceted aspect of life, and with the right support, individuals can thrive in their intimate relationships after a spinal cord injury. 

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**MYTHS VS TRUTHS**

About sexuality with a spinal cord injury

**MYTH**  
After a spinal cord injury, I won't be able to have sex.

**TRUTH**   
By exploring new avenues and communicating openly about desires, you have satisfying and rewarding sexual experiences.

 **TRUTH**

There are partners who report that post-injury sex can be more fulfilling. Discussing each other's desires fosters a deeper understanding of what brings pleasure.

**MYTH**  
I won't be able to satisfy my partner's sexual needs.

**MYTH**  
My partner will leave me because I can't satisfy their needs sexually.

**TRUTH**   
Sexuality is just one aspect of a person. While sexual fulfilment is important, it's not the sole ingredient of a "successful" relationship.

 **TRUTH**

Fertility is a complex matter, and having a spinal cord injury doesn't automatically exclude parenthood. Consult with a sexologist and medical professional to explore options.

**MYTH**  
I can't have children because of the spinal cord injury.



# Unlocking Pleasure

An SCI can undoubtedly present unique challenges, but it's essential to recognise that pleasure and intimacy doesn't have to be lost. In this article, we explore the multifaceted aspects of sexual pleasure as it pertains to SCI, emphasising the importance of communication, adaptability, and embracing new possibilities. For individuals navigating life after SCI, the landscape of sexual pleasure may undergo changes, but it is by no means diminished. The key to unlocking pleasure lies in a holistic approach that considers physical, emotional, and psychological well-being.

## **REDEFINING INTIMACY**

### **COMMUNICATION AS THE FOUNDATION**

Open and honest communication is the cornerstone of any successful intimate relationship, and this holds especially true for individuals with SCI. Talking openly about desires, boundaries, and preferences creates a foundation for mutual understanding and respect. Partners can explore new ways to connect emotionally and physically, fostering a deeper sense of intimacy.

### **EXPLORING NEW AVENUES**

Creativity becomes a powerful ally in the pursuit of sexual pleasure after a spinal cord injury. Trying different positions, utilising assistive devices, and experimenting with sensory stimulation can open up new possibilities. The key is to approach intimacy with an open mind and a willingness to explore together.

## **ADAPTING TO CHANGES**

### **THE ROLE OF ADAPTATION**

Adapting to changes in the body and finding new ways to experience pleasure is a common journey for individuals with SCI. Rather than focusing on what may seem challenging, embracing adaptability can lead to the discovery of unique and fulfilling forms of intimacy. It's a process that requires patience, self-exploration, and a supportive partner.

### **THE IMPORTANCE OF SENSATION**

The level of sensation after a spinal cord injury varies from person to person. Some

may retain certain sensations, while others may experience diminished sensitivity. Understanding and exploring areas of heightened sensitivity can enhance sexual experiences. Patience, communication, and a willingness to discover what feels pleasurable are crucial aspects of this exploration.

## **PROFESSIONAL GUIDANCE**

Seeking guidance from healthcare professionals, sexologists, and therapists can be instrumental in navigating the journey to sexual pleasure after SCI. These experts can provide valuable insights, suggest adaptive strategies, and address any physical or psychological concerns. Their expertise contributes to a comprehensive approach that considers both the individual's well-being and the dynamics of their intimate relationships.

## **BREAKING DOWN STIGMAS**

It's important to challenge societal stigmas surrounding sexuality and disability. The belief that individuals with SCI can't experience pleasure perpetuates harmful stereotypes. By openly discussing and celebrating sexual pleasure after SCI, we contribute to a more inclusive and understanding society.

## **POSITIVE SEXUAL SELF-IMAGE**

Developing a positive sexual self-image is an essential aspect of reclaiming pleasure after a spinal cord injury. This involves accepting the changes in one's body, acknowledging personal desires, and fostering self-love. Confidence in one's sexual self can positively influence intimate relationships and contribute to a more satisfying and fulfilling sex life. Sexual pleasure after a spinal cord injury is a journey of exploration, adaptation, and embracing new possibilities. By prioritising communication, adapting to changes, seeking professional support, and challenging societal stigmas, individuals with SCI can cultivate fulfilling and rewarding intimate lives. Remember, pleasure is a personal and evolving experience, and each person's journey is unique. With the right mindset and support, individuals can embark on a path to rediscovering and enhancing their sexual pleasure after spinal cord injury. 



# Erections After SCI

For individuals with a spinal cord injury, the topic of erections can be a source of curiosity, concern, and sometimes misconception. In the following section we will explore the intricacies of erections, how spinal cord injuries can impact them, and provide guidance on navigating this aspect of sexual health.

Erections are a complex physiological process involving a combination of psychological, neurological, vascular, and hormonal factors. In a typical scenario, sexual arousal triggers the release of neurotransmitters that relax the smooth muscles in the penis, allowing blood to flow into the erectile tissues, resulting in an erection.

Spinal cord injuries can disrupt the intricate network of nerves responsible for transmitting signals related to sexual function. The severity and location of the injury often determine the extent to which erections may be affected. It's essential to recognise that the impact varies widely among individuals, and not everyone with SCI experiences the same challenges.

## **ERECTILE DYSFUNCTION (ED)**

ED is a common concern for men with spinal cord injuries. The interruption of nerve pathways can interfere with the signals that trigger the relaxation of smooth muscles in the penis. As a result, achieving or maintaining an erection may be challenging. However, it's crucial to emphasise that ED after a SCI is not universal, and many individuals find ways to manage or overcome these challenges.

## **PSYCHOSOCIAL FACTORS**

In addition to the physical aspects, psychosocial factors play a significant role in erectile function. Anxiety, depression, and changes in body image can impact sexual confidence and contribute to difficulties in achieving or sustaining erections. Addressing both the physical and psychological aspects is key to supporting overall sexual well-being.

## **NAVIGATING ERECTION CHALLENGES** **COMMUNICATION IS KEY**

Open communication with partners about changes in erectile function is essential. Discussing desires, concerns, and exploring new ways to experience intimacy can strengthen emotional bonds and foster a supportive environment.

Partners can play a crucial role in creating a comfortable space for individuals with SCI to express their needs and desires.



**Erectile Dysfunction after a SCI is not universal, and many individuals find ways to manage or overcome these challenges.**

## **ADAPTIVE STRATEGIES**

Various adaptive strategies exist to address erection challenges after SCI:

- Medications: Phosphodiesterase type 5 (PDE5) inhibitors, such as sildenafil (Viagra), tadalafil (Cialis), and vardenafil (Levitra), are commonly prescribed to enhance blood flow to the penis and facilitate erections.
- Vacuum Erection Devices (VEDs): These devices create a vacuum around the penis, drawing blood into the erectile tissues. A constriction ring is then placed at the base of the penis to maintain the erection.
- Intraurethral Suppositories and Injections: Medications can be inserted into the urethra or injected directly into the penis to stimulate blood flow.
- Penile Implants: Surgical options include inflatable or semi-rigid penile implants, providing a more permanent solution for men who do not respond to other treatments.

## STAYING ERECT

Strategies to help achieve and sustain an erection



### Communication

Partners can play a crucial role in creating a comfortable space to express needs and desires.

### Medications

Phosphodiesterase type 5 (PDE5) inhibitors are commonly prescribed to enhance blood flow to the penis and facilitate erections.



### Vacuum

The device creates a vacuum around the penis to draw blood into the erectile tissues. A constriction ring is then placed at the base to maintain the erection.

### Suppositories and injections

Medications can be inserted into the urethra or injected directly into the penis to stimulate blood flow.



### Implants

Surgical options include inflatable or semi-rigid penile implants, providing a more permanent solution.

### Psychological support

Anxiety, depression, and changes in body image can impact sexual confidence and contribute to difficulties in achieving or sustaining erections. Addressing psychological factors can enhance overall sexual wellbeing.



## PSYCHOLOGICAL SUPPORT

Seeking support from mental health professionals or sex therapists can be invaluable. Addressing psychological factors, such as anxiety or depression, can contribute to a more positive mindset and enhance overall sexual wellbeing.

Navigating erections after spinal cord injury is a journey that requires patience, communication, and a willingness to explore new avenues of intimacy.



**Addressing psychological factors, such as anxiety or depression, can contribute to a more positive mindset and enhance overall sexual wellbeing.**

By understanding the mechanics of erections, acknowledging the impact of SCI, and embracing adaptive strategies, individuals can work towards reclaiming a satisfying and fulfilling sexual life.

Erections after SCI are a nuanced aspect of sexual health that can be managed and navigated with the right knowledge and support. By fostering open communication, exploring adaptive strategies, and addressing both physical and psychological aspects, individuals with SCI can embrace the possibilities of a fulfilling and satisfying intimate life. **R**

### About The Author

Dr Danie Breedt is a passionate scholar-practitioner in the field of psychology. He divides his time between training, research and clinical practice. Danie works from an integrative interactional approach in psychotherapy, dealing with a wide range of emotional difficulties and sexual rehabilitation for patients with disabilities. He is the co-owner of Charis Psychological Services, a psychology practice that specialises in physical rehabilitation across South Africa.



# Fertility and Pregnancy

For individuals with a spinal cord injury, embarking on the path to parenthood involves understanding the unique challenges and considerations that come with this journey. Here we will look at how SCI affects fertility, discuss important considerations for pregnancy, and outline various options available for those aspiring to build a family.

## **FERTILITY CONSIDERATIONS AFTER SCI IMPACT ON REPRODUCTIVE FUNCTION**

SCI can influence reproductive function in both men and women. For men, changes may include alterations in sperm production, ejaculation, and erectile function. In women, fertility may be affected by disruptions in hormonal regulation and ovulatory processes. It's crucial to recognize that the impact varies widely based on the level and severity of the injury. Although the mechanisms around conception are affected, by and large, most people are still able to conceive after SCI.

## **CONSULTATION WITH REPRODUCTIVE SPECIALISTS**

Seeking guidance from reproductive specialists early in the process could be a helpful way to answer some of the questions individuals with SCI considering parenthood might have. These experts can conduct thorough assessments, providing insights into fertility status and offering tailored advice on available options.

## **PREGNANCY CONSIDERATIONS**

Pregnancy after SCI is generally considered safe, but certain factors need careful consideration. The level and extent of the injury, overall health, and any pre-existing medical conditions should be discussed with healthcare providers. Regular check-ups and consultations throughout the pregnancy are crucial to ensure the wellbeing of both the parent and the developing baby. Practical considerations, such as wheelchair accessibility and adaptive equipment, may need to be addressed during pregnancy.

Healthcare providers, physical therapists, and occupational therapists can offer valuable guidance on adapting living spaces and routines to accommodate the unique needs of individuals with SCI during this transformative period. Professionals with specialised knowledge about SCI will be able to explain and navigate the impacts that SCI has on pregnancy and that pregnancy has on SCI.



**Pregnancy after SCI is generally considered safe, but certain factors need careful consideration.**

## **FERTILITY OPTIONS AFTER SCI ASSISTED REPRODUCTIVE TECHNOLOGIES (ART)**

Individuals with SCI facing fertility challenges have various ART options:

- In Vitro Fertilization (IVF): Eggs and sperm are combined outside the body, and the resulting embryos are implanted in the uterus.
- Intracytoplasmic Sperm Injection (ICSI): A single sperm is injected directly into an egg to facilitate fertilisation.
- Sperm Retrieval Techniques: For men with SCI experiencing challenges with sperm production or ejaculation, techniques like sperm aspiration or testicular sperm extraction can be explored.

## **ADOPTION AND SURROGACY**

For those who may not be able to (or prefer not to) conceive biologically, adoption and surrogacy provide alternative paths to parenthood. These options offer unique and fulfilling journeys to building a family and can be particularly rewarding for individuals with SCI.

### FERTILITY FACTS

To help you understand fertility and pregnancy after a spinal cord injury.



#### Parenthood is possible

Although the mechanisms are affected, most people are still able to conceive after a spinal cord injury.

#### Consult the experts

Regular check-ups are crucial to ensure the wellbeing of both the parent and baby.



Seeking guidance from reproductive specialists early in the process could answer your questions.

#### Consider the hardware

Practical considerations, such as wheelchair accessibility and adaptive equipment, may need to be addressed during pregnancy.



#### Assisted Reproductive Technologies (ART)

##### In Vitro Fertilization

Eggs and sperm are combined outside the body, and the resulting embryos are implanted in the uterus.



##### Intracytoplasmic Sperm Injection

A single sperm is injected directly into an egg to fertilise.

##### Sperm Retrieval Techniques

For men with SCI, techniques like sperm aspiration or testicular sperm extraction are available.

#### Adoption

For those who may not be able to (or prefer not to) conceive biologically, adoption and surrogacy provide alternative paths to parenthood.



#### Mental Health

Mental health professionals or support groups can help address any emotional or psychological challenges.

### NURTURING A SUPPORTIVE ENVIRONMENT

Building a supportive environment for parenthood begins with open communication between partners. Discussing desires, concerns, and expectations related to pregnancy and parenting fosters a strong emotional foundation. The emotional aspects of pursuing parenthood after SCI can be challenging.

Seeking support from mental health professionals, or support groups can provide individuals and couples with valuable tools to navigate this journey, addressing any emotional or psychological challenges that may arise. Fertility and parenthood after spinal cord injury are nuanced aspects that require careful consideration and proactive planning.



**Parenthood after SCI is not only achievable, but also an opportunity for personal growth, resilience, and the creation of a loving family.**

By consulting with reproductive specialists, adapting living spaces, exploring fertility options, and fostering open communication, individuals with SCI can embark on the journey to parenthood with confidence. Parenthood after SCI is not only achievable but also an opportunity for personal growth, resilience, and the creation of a loving family. 

#### About The Author

Dr Danie Breedt is a passionate scholar-practitioner in the field of psychology. He divides his time between training, research and clinical practice. Danie works from an integrative interactional approach in psychotherapy, dealing with a wide range of emotional difficulties and sexual rehabilitation for patients with disabilities. He is the co-owner of Charis Psychological Services, a psychology practice that specialises in physical rehabilitation across South Africa.



# Sexual Wellness

Navigating intimacy and maintaining a satisfying sex life after SCI requires creativity, adaptability, and open communication. In the previous sections we looked at the biological, personal and relational aspects related to SCI and sexuality.

In this section the focus is on practical considerations, including positioning and assistive devices, that can contribute to a fulfilling and enjoyable sexual experience for individuals with SCI and their partners.

Spinal cord injuries often necessitate a re-evaluation of traditional sexual practices, requiring couples to explore new ways of connecting physically and emotionally. By embracing adaptability and a willingness to experiment, individuals with SCI can discover a range of options that cater to their unique needs.

## **POSITIONING FOR COMFORT AND PLEASURE**

Exploring different positions allows individuals with SCI and their partners to find what works best for them. Experimenting with variations in angles, support, and body positioning can enhance comfort and accessibility. It's important to communicate openly about preferences and comfort levels to create a positive and enjoyable experience.

Utilising pillows and supportive cushions can provide added comfort and help maintain desired positions. These accessories can be strategically placed to offer support to specific body parts, facilitating a more relaxed and enjoyable experience.

Investing in adjustable beds or furniture can significantly enhance the range of sexual positions available. These adaptations allow for easy adjustments to achieve optimal comfort and accessibility, catering to the specific needs of individuals with SCI and their partners.

## **ASSISTIVE DEVICES**

### **VIBRATORS AND SENSORY STIMULATION DEVICES**

Incorporating vibrators and sensory stimulation devices can enhance sexual experiences by providing additional pleasure and excitement. These devices can be particularly beneficial for individuals with SCI who may experience changes in sensation, offering a new dimension to intimacy.



**Experimenting with variations in angles, support and body positioning can enhance comfort and accessibility.**

## **LUBRICANTS AND MOISTURISERS**

Changes in sensation and potential issues with natural lubrication can be addressed with the use of lubricants and moisturisers. Choosing products that are compatible with individual preferences and sensitivities can contribute to a more comfortable and enjoyable experience.

## **SEX SWINGS AND SLINGS**

Sex swings and slings can be valuable tools for couples looking to explore new positions and enhance intimacy. These devices provide support and facilitate movement, allowing for a broader range of movement and subsequent sexual experiences.

## **COMMUNICATION DEVICES**

For individuals with limited mobility, communication devices can play a crucial role in expressing desires and preferences during intimate moments. Clear communication is key to ensuring both partners feel understood and engaged in the experience.

### SEEKING PROFESSIONAL GUIDANCE

Consulting with healthcare professionals, especially occupational therapists, who specialise in working with individuals with SCI can provide valuable insights and personalised guidance.

These experts can offer tailored recommendations based on an individual's specific needs and circumstances. There is one concept that warrants highlighting as a golden thread throughout all the topics that were covered in this deep dive.



**Experts can offer tailored recommendations based on an individual's specific needs.**

The one theme that holds everything else together is communication. Sexuality, and all the aspects related to it, are in essence a form of self-expression.

In order to regain meaningful sexual experiences we have to communicate our needs to our partners. We have to communicate our concerns and uncertainties to professionals that can give us sound input.

We have to explore how our body "communicates" differently to us in relation to arousal and sexual stimulation. If you only take one idea from everything that was discussed here, let it be that you cannot over-communicate. 

#### About The Author

Dr Danie Breedt is a passionate scholar-practitioner in the field of psychology. He divides his time between training, research and clinical practice. Danie works from an integrative interactional approach in psychotherapy, dealing with a wide range of emotional difficulties and sexual rehabilitation for patients with disabilities. He is the co-owner of Charis Psychological Services, a psychology practice that specialises in physical rehabilitation across South Africa.

### TIPS FOR FULFILLING SEX LIFE

From positioning to assistive devices

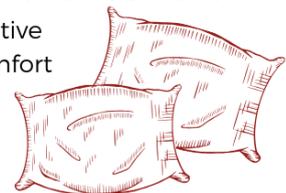
#### Positions, angles and support



Explore different body positioning, variations in angles and support to enhance pleasure, comfort and accessibility.

#### Pillows and supportive cushions

Use pillows and supportive cushions for added comfort and to help maintain desired positions.



#### Adjustable furniture

Invest in adjustable beds or furniture to enhance the range of sexual positions available.



#### Vibrators and sensory stimulation

Incorporating vibrators and sensory stimulation devices can enhance sexual experiences by providing additional pleasure and excitement.



#### Lubricants and moisturisers

Lubricants and moisturisers that are compatible with individual preferences and sensitivities can contribute to a more comfortable and enjoyable experience.



#### Swings and slings

Sex swings and slings provide support and facilitate movement, allowing for a broader range of movement and subsequent sexual experiences.



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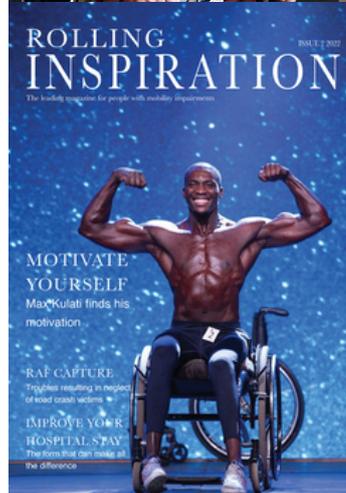
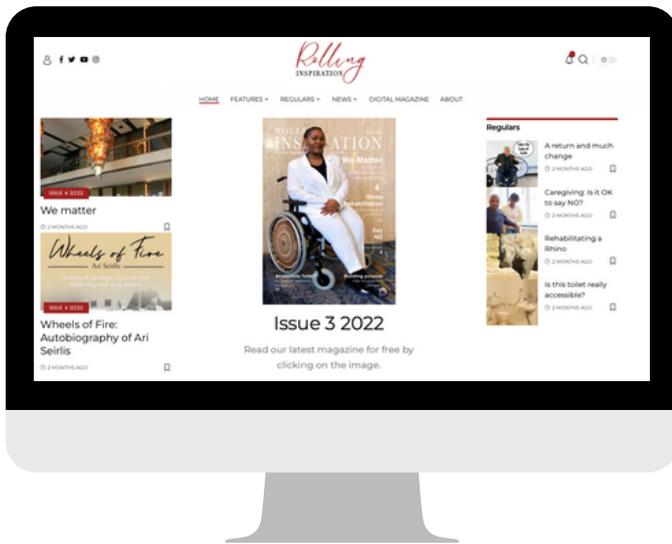
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