

Q&A

“LATELY I’VE BEEN FEELING CRAMPY AFTER SEX. WHAT’S HAPPENING?”

Your pelvic floor muscles could be to blame, says Sue Croft, a physiotherapist in Brisbane, Australia, who specializes in pelvic floor disorders. You’ve heard how important it is to strengthen these muscles—in order to get even more pleasure from sex and to prevent leaking, for example. Even so, they can become too tight, especially if you sit for hours at a time or do ab workouts frequently, Croft explains. Having sex strains the overly tight muscles and can cause cramping.

Getting out of your chair at least once an hour and balancing your ab workouts with yoga moves like cobra pose or happy baby pose will help stretch tight pelvic floor muscles and prevent his condition. Targeted breathing

will also help, says Leslie Howard, a pelvic floor yoga teacher in Oakland, California. Lie on your back and inhale deeply into your abdomen and pelvis for four to eight counts, hold for one count, and exhale slowly and evenly. Repeat for three to five minutes. This kind of belly breathing relaxes and elongates your pelvic floor muscles, relieving tension, Howard explains. She also suggests that before bed, you move into a downward dog pose, bending your knees slightly while keeping your tailbone lifted, to really stretch the area.

If the cramps get worse or more frequent, or if you start spotting, see your ob-gyn to rule out a more serious problem like endometriosis.