








Orthopedic Considerations for Sexual Activity

the field and a resource for learning best practices.







on new challenges. Position	Woman's position	Man's position	Woman's leg position	Woman's back position	Vaginal entry	Advantages, Disadvantages, Modifications
	On back	On top, on hands, legs inside woman	Hips apart, knees bent up	Neutral	Front	2,3,4,6,16,19,20,22,24/ a,b,e,f, Use pillows on outside of knees for hip support
	On back	On top, on elbows, legs outside woman	Neutral hip	Neutral	Front	2,3,4,6,9,10,19,20,22, 24/ a,b,i Back can be supported with a towel
	On back	On top, legs inside woman	Hips apart, knees bent up	Neutral or flexed	Front	2,3,4,6,9,10,19,20,22, 24/ a,b,i Use pillows on outside of knees for hip support
	Supported on back in chair	On top, legs inside woman	Hips apart, knees bent up	Back flexed	Front	2,3,4,6,8,9,19,22,24/ a,b,i
	On stomach	On top, legs outside woman	Neutral hip	Neutral	Rear	2,4,6,8,9,14,16,19,22, 24/ a,b,i Keeps hips in a safe position after an operation
	Supported kneeling	On top, legs inside woman	Hips apart, knees bent up	Neutral or extended	Rear	1,5,7,9,11,12,13,14,17, 23/ a,b,f,h
	Forward straddle	On bottom, legs inside woman	Hips and knees bent up	Neutral or flexed or extended	Front	1,2,3,4,6,9,10,13,14,17,19 20,21,22,24/ c,d,e,f,g,h Use pillows to control depth of penetration

Advantages and Disadvantages		Movement
<ol style="list-style-type: none"> 1. Access to manual clitoral stimulation 2. Pressure to clitoris from pubic bone 3. Pressure to clitoris from shaft of penis 4. Possible G spot stimulation 5. Stimulation to back of vaginal wall 6. Stimulation to front of vaginal wall 7. Allows touching of the genitals 8. Allows visual of the genitals 9. Partner can caress breasts 10. Couple can kiss 11. Access to anal stimulation 12. Access to anal entry 	<ol style="list-style-type: none"> 13. Access to stimulate scrotum 14. Good during pregnancy 15. Needs little disrobing 16. Tiring on arms 17. Not tiring – good support 18. Access to stimulate male genitals 19. Good position for female back pain 20. Good position for painful intercourse 21. Good position after hysterectomy 22. May be uncomfortable with cystocele 23. May be uncomfortable with rectocele 24. May be uncomfortable with uterine prolapse 	<ol style="list-style-type: none"> a. Allows full movement by male partner b. Allows deep penetration c. Allows shallow penetration d. Woman controls depth of penetration e. Woman can target clitoral stimulation f. Woman can target vaginal stimulation g. Woman can control speed of thrusting h. Woman can move well i. Woman cannot move well j. Neither partner can move well k. May be uncomfortable to side vaginal wall

chart modified from:

1. Stanway A, Cauthery P, Stanway P. *The Complete Book of Love and Sex*. 1984. London: Ebury Press.
2. Herbert, L. *Sex and Back Pain*. 1987. Greenville, ME: IMPACC USA.

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Position	Woman's position	Man's position	Woman's leg position	Woman's back position	Vaginal entry	Advantages, Disadvantages, Modifications
	Backward straddle	On bottom, legs inside woman	Hips apart	Neutral or flexed or extended	Rear	1,2,3,5,8,11,12,13,14,17, 19,20,21,23,24/ c,d,e,f,g,h Easier on the hips
	Lap sitting	On bottom, legs inside woman	Hips apart	Neutral	Rear	1,5,9,11,12,14,15,19,23, 24/ d,f,g,h
	Facing front, sitting	On top, legs inside woman	Hips apart	Neutral	Front	2,3,4,6,14,15,17,19,20,21, 22,24/ a,b,e,i
	Sidelying	Behind woman	Hips apart and flexed	Neutral	Rear	1,2,5,7,9,11,12,14,17,19, 23,24/ c,e,f,i,j Hips in a safe position after a total hip operation
	Sidelying	In front of woman	Hips apart and flexed	Neutral	Front	1,2,3,4,6,9,10,17,22/ c,e,f,g,j Hips in a safe position after a total hip operation
	Perpendicular	Behind	Hips together, hips and knees flexed	Neutral	Rear	1,2,9,14,15,17,19,24/ c,j,k No weight on woman

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