

## Useful resources – Managing Painful Sex

Pelvic Pain Foundation of Australia	<a href="http://www.pelvicpain.org.au">www.pelvicpain.org.au</a>
Self-help ideas for couples	<a href="http://www.vaginismus.com">www.vaginismus.com</a>
Pelvic Floor Physiotherapists (mostly in Victoria)	<a href="http://www.cfaphysios.com.au">www.cfaphysios.com.au</a>
Pelvic Floor Physiotherapists Australia-wide	<a href="http://www.physiotherapy.asn.au">www.physiotherapy.asn.au</a>
Pelvic Floor "Safe" exercise program	<a href="http://www.pelvicfloorfirst.org.au">www.pelvicfloorfirst.org.au</a>
Pelvic Floor Muscle Relaxation for Women CD	<a href="http://www.patricianeumann.com.au">www.patricianeumann.com.au</a>
Adjunctive therapy purchases e.g. trainers, Therawand	<a href="http://www.pelvicfloorexercise.com.au">www.pelvicfloorexercise.com.au</a>
National Vulvodynia Association	<a href="http://www.nva.com">www.nva.com</a>
A very helpful 5 minute video on understanding chronic pain	<a href="https://www.youtube.com/watch?v=C3phB93rvI">https://www.youtube.com/watch?v=C3phB93rvI</a>
The trailer for a documentary about the impact of pornography on young people	<a href="https://www.youtube.com/watch?v=ytLpy4KLAfM">https://www.youtube.com/watch?v=ytLpy4KLAfM</a>
A helpful sexuality education website	<a href="http://www.itstimewetalked.com">www.itstimewetalked.com</a>