



# **The Relationship Among Female Orgasm, Clitoris & The Pelvic Floor Muscles**

*An explanation of how the relationship among the female orgasm, clitoris, and pelvic floor muscles affect your life.*

# The Female Orgasm

- The female orgasm is an involuntary contraction of muscles in response to stimulation. These contractions include the pelvic floor muscles.
- The type of stimulation, muscle tone, and differences in anatomy suggests stimulation to orgasm varies with the individual.
- The variety in orgasms that arise from clitoral stimulation alone and from non-genital stimulation (e.g., erotic thoughts, nipple play, anal stimulation, etc.) suggest the female orgasm is highly variable and not necessarily by an erect penis into a vagina.

# The Clitoris: Veiled Majesty

- The glans clitoridis is the external part of the clitoris. It is about the size of a pea and located in the vulva above the urethra between the labia majora.
- The appearance of the glans clitoridis, like the vulva, varies with the individual and may be covered with a hood or exposed.
- Studies show stimulation of the clitoris, directly or indirectly, is the sole noncontroversial effective trigger of female orgasm (e.g., not intromission).



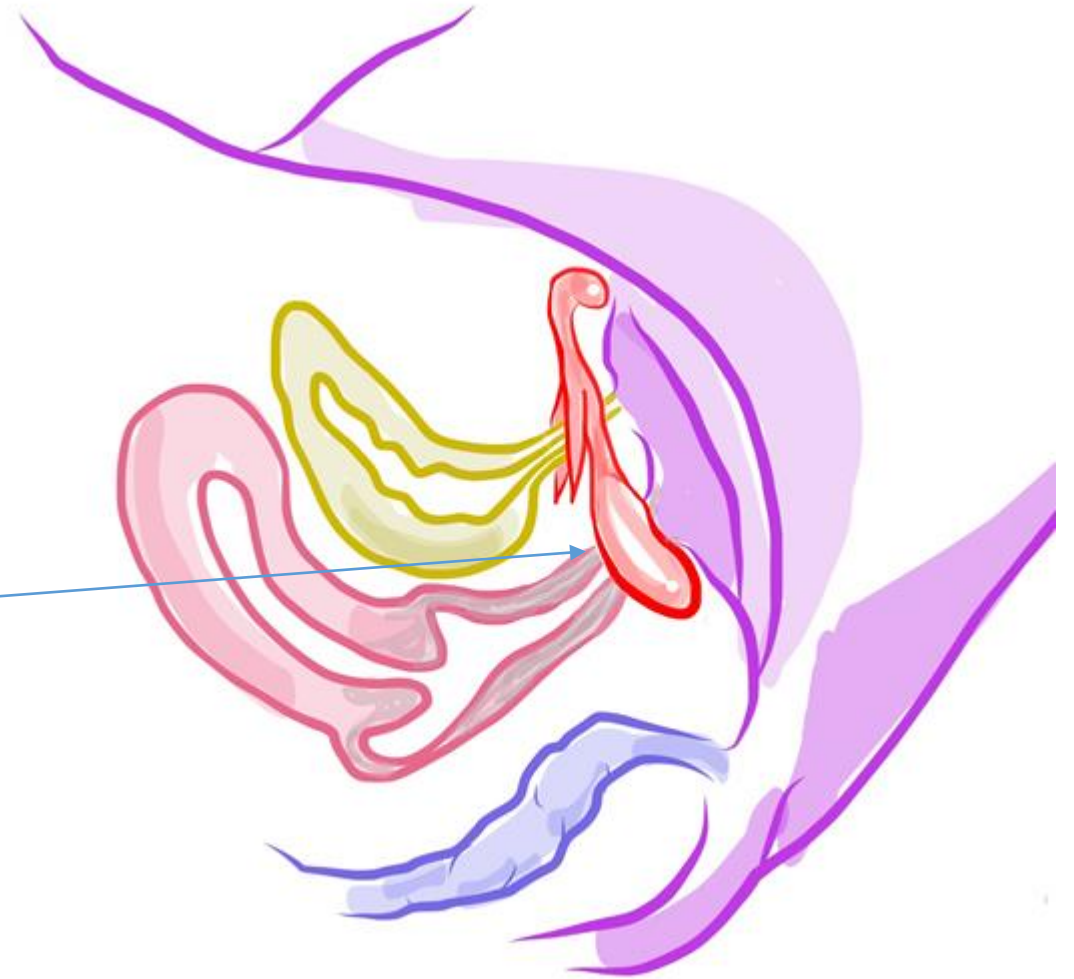
# The Clitoris: Behind The Veil

- The true size of the clitoris (pink in the image to the right) is a surprise to many people. It starts at the glans clitoris in the vulva and runs along the pelvic floor to the vagina's base.
- The clitoris branches twice as it runs along the pelvic floor: first at the corpus cavernosum (each branch extending toward the nearest hip), and then at the clitoral bulb where it partially rings the vagina's base.
- The clitoris (pink), vagina (purple), and bladders (yellow) together are called the clitourethrovaginal complex.



# The Clitoris: Close To Erogenous Zones

- Areas close to the clitoris can incite powerful orgasms and female ejaculation when stimulated.
- Not all women report erogenous zones near the clitourethrovaginal complex because these “spots” may simply be variations in anatomy.
- The “G” Spot, one such reported erogenous zone, is located about an inch inside the top front of the vagina. It is near the clitoral bulb and above the pelvic floor muscles, which spasm at orgasm.



# Pelvic Floor Muscles: Sexual Performance

- Muscles that spasmodically contract in orgasm include the pelvic floor muscles (orange in the image)
- Dr. Kegel (for whom the exercises are named) observed “sexual feeling within the vagina is closely related to muscle tone, and can be improved through muscle education and resistive exercise.”
- The ability to clench and relax muscles with control, including those around the pelvic orifices is critical to sexual performance.



# Pelvic Floor Muscles: Sexual Expression

- Pelvic floor muscles help to hold the organs in our abdomen in position and to manage the downward forces of our body weight.
- Weakened pelvic floor muscles can cause the muscles in the lower back and thighs to work harder to manage the load.
- If the pelvic floor muscles weaken, the organs shift from their natural putting pressure on the bladder causing a loss of urinary control.
- 51% of women will experience urinary leaks. 61% will leak in public.
- Life experiences such as pregnancy, birthing, sports (repetitive impact or lifting heavy weights) and inactivity can weaken the pelvic floor.
- Pain free and leak free movement improves sexual expression.

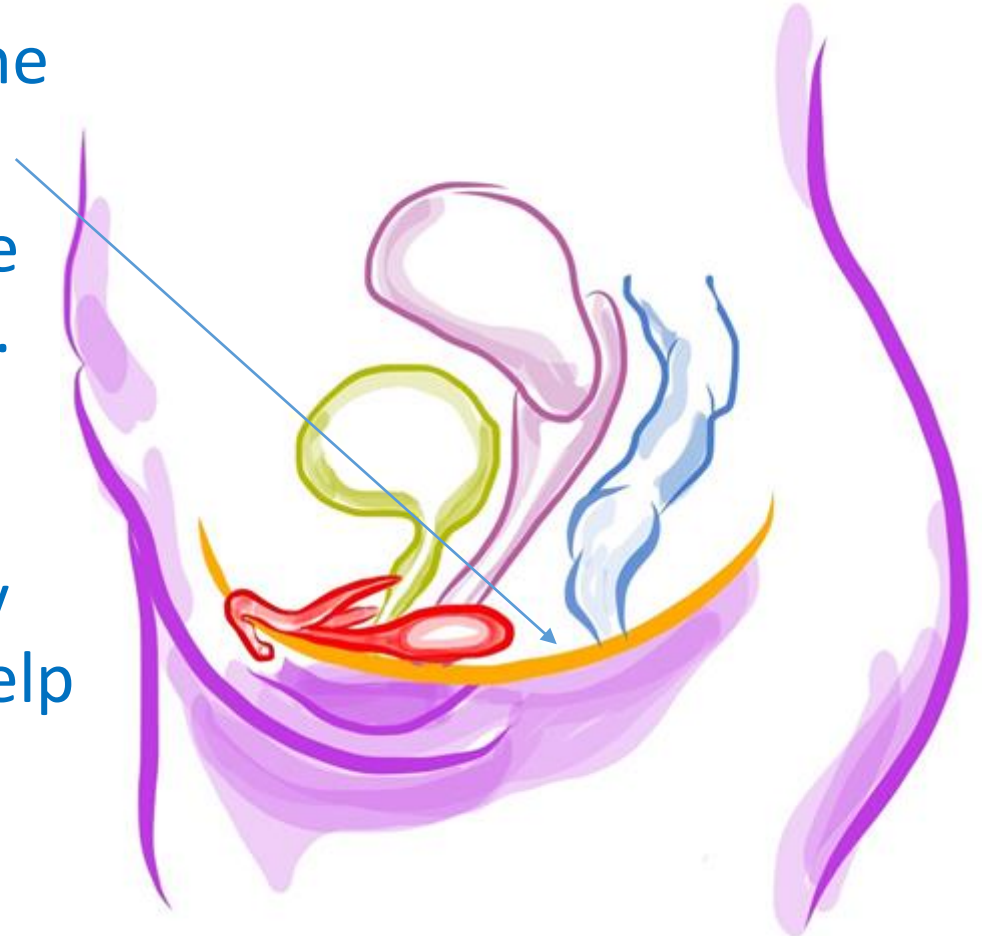
# Female Ejaculate & Pelvic Floor Strength

- Only about 33% of women produce female ejaculate.
- It can range from droplets of watery non-slippery fluid to a “Gush” and the scent will vary by individual and phase in the fertility cycle.
- Women who ejaculate have stronger pelvic floor muscles than non-ejaculators, and for many women, ejaculation can be a physically and emotionally profound aspect of their sexual performance.
- Orgasm and ejaculation are related but some women ejaculate without orgasm. This relationship was discovered when researchers were teaching women to use Kegel exercises.



# FAQ: What are “Kegels”?

- Kegels (pronounced: Kay-Gils) are simple clench-and-release exercises that tone the muscles of the pelvic floor (in gold here).
- The great news is that pelvic floor muscle tone can be regained at virtually any age.
- Unfortunately, a significant number of women who try to tone their pelvic floor muscles with Kegel exercises find it really difficult to do the exercise – even with help from a health care professional.
- Kegels take time and concentration.



# FAQ: What is Yarlapp<sup>®</sup> with AutoKegel<sup>®</sup>?

Yarlapp<sup>®</sup> with AutoKegel<sup>®</sup> is FDA cleared to improve pelvic floor muscle tone without surgery or drugs.

Yarlapp<sup>®</sup> instructs the pelvic floor muscles to work-out correctly:

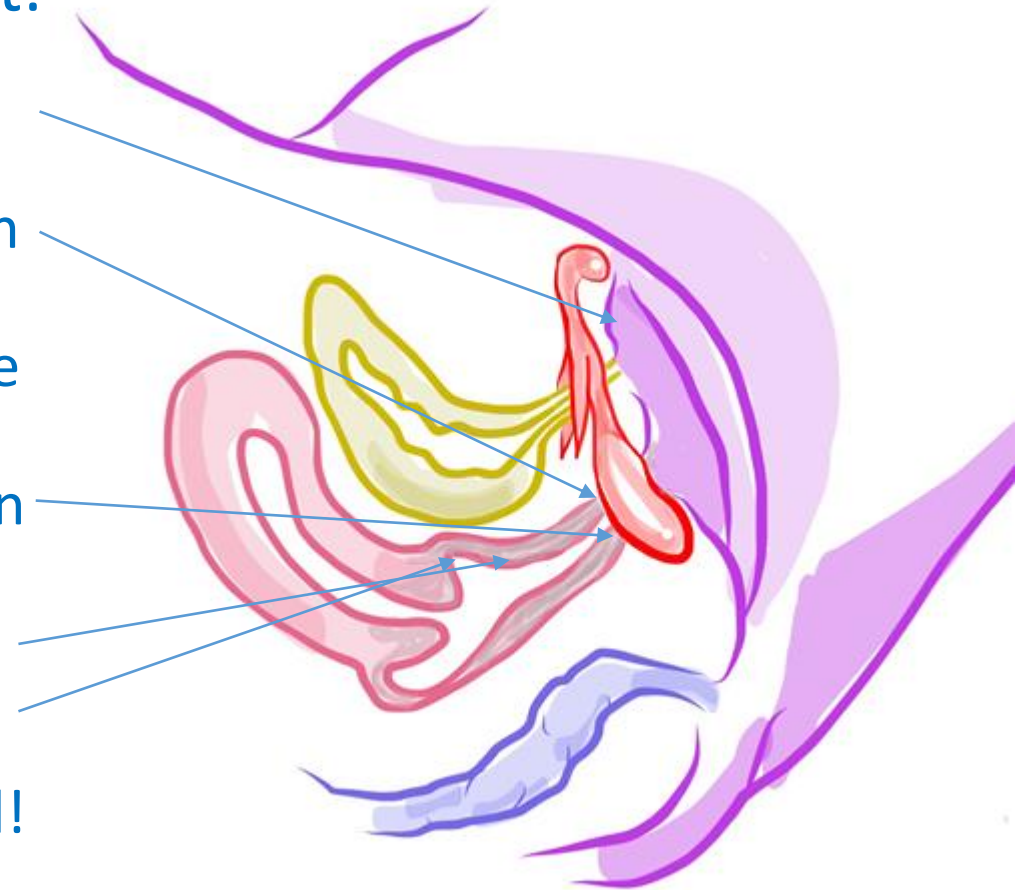
- No guessing as to what the proper muscles to contract are;
- No need to concentrate on the routine;
- In as little as 20 min a day;
- Workouts for strength are pre-set;
- Programs to massage/relax the muscles are pre-set.

# FAQ: Why do women orgasm?

- “The actual incidence of the reflex of orgasm has never been tied to successful reproduction.” (Lloyd)
- “Sexuality is much more than sexual intercourse and not all women engage in sexual activity or do so to reproduce.” (Lloyd).
- The clitoral shaft readily accessible from outside the body for effective non-intromission stimulation and the clitoris running along the pelvic floor suggest an evolutionary purpose.
- If a complex function is the hallmark of adaptation, it is possible the relationship between female orgasm, clitoris, and pelvic floor muscles is symbiotic – each function relying on the other for the over-all wellbeing of the woman and role as nurturer.

# FAQ: What Is The Best Spot? You Decide

- Variations in anatomy can be significant:
  - “U” Spot – at the vulva (outside genitals) below the clitoris above the urethrae.
  - “G” Spot - many women (not all) report an erogenous zone about the size of a small coin near clitoral bulb about an inch inside the top front of the vagina.
  - “P” Spot - back wall of the vagina about an inch inside - opposite the “G”- Spot.
  - Only 11% of women can find an A-Spot.
  - Only 8%, their O-Spot.
- “Spot” proximity to the clitoris may be critical!



# FAQ: Ask Your Partner!

- Understanding the relationship among female orgasm, clitoris & pelvic floor muscles, and how these create wellness for the woman can bring awareness that orgasm, sexual performance, and sexual expression are nurturing.
- Open discussion and communication of what makes an effective relationship can fill a lifetime of thoughtful ideas.
- You start the discussion. For example:
  - Can your partner make a quick sketch of the clitoris?
  - Does your partner know where you like to be simulated?

# FAQ: What Advice Would You Give Couples Having Sex Again After Baby?

- Before resuming sex postpartum, check with your physician to be sure the healing in your clitouethrovaginal complex is complete.
- Use the time healing to learn all about the your clitouethrovaginal complex and how important pelvic floor muscle tone can be to your family's wellness.
- Better sexual performance and sexual expression awaits women with good pelvic floor muscle tone.

# Recommended Readings

- Perry, R. & Whipple, B. (1981) “[Pelvic Muscle Strength of Female Ejaculators: Evidence in Support of a New Theory of Orgasm.](#)” *The Journal of Sex Research*, Vol. 17, No. 1, pp. 22-39.
- Reider, B (2016). “[Role of Pelvic Floor Muscles in Female Orgasmic Response.](#)” *Journal of Women’s, Health, Issues and Care*, Vol: 5, Issue: 6.
- Whipple, B. (2015). “[Female Ejaculation, G Spot, A Spot, and Should We Be Looking for Spots?](#)” *Current Sexual Health Reports*. 7: pp. 59-61.

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