

SEX AFTER BACK SURGERY

Sex is a normal component of a healthy relationship. After neck or back surgery sexual relations between you and your partner need not be strained. Caution and common sense is recommended for partners suffering with spine pain during intercourse. In general, "If it hurts, don't do it".

Certain positions which reduce the stress and strain on the spine are encouraged to reduce pain and injury. The spine pain sufferer takes a less active role and movements are slow. Avoid thrusting, excessive spine movements, and arching of the spine. Knees and hips are bent to relieve strain from the lower back. Pillows and towels are recommended for additional support. The partner without spine pain is more active, yet gentle and cautious. They should be aware of any back/neck pain their partner is experiencing and stop immediately.

For spine surgery patients Dr. Taylor recommends you refrain from sex for 1-2 days after you are released from bedrest or pain medications. When you are up and walking around without pain you may consider resuming sexual relations with your partner. If ANY pain is experienced intercourse is to be stopped immediately.

More information and approved positions may be found at the following web sites:
www.spine-dr.com/site/sex/sex.html
www.mediapartnersinc.com/cat_BSEXBK.htm