

Here are the statistics for couples who approached me **after the workshop**:

Four couples privately asked for gentle posture suggestions because of physical pain.

Six couples inquired about improving sex in menopause due to vaginal dryness and pain.

One couple opened up about lack of trust due to husband having multiple sex partners (STDs).

Six wives feel overwhelmed, exhausted, and unheard.

I have written two articles below that you can share with couples to address the pain and menopause.

Gentle Sex Postures for Couples Experiencing Pain and Limited Flexibility

Intimacy is a vital aspect of marriage, yet acute pain, arthritis, or limited flexibility can make sexual activity difficult. For some couples, the fear of discomfort can even create emotional distance. Fortunately, gentle sex postures, supportive props, and mindful preparation can help couples maintain physical closeness while protecting their bodies.

Side-Lying (Spooning) Position

Spooning is one of the most joint-friendly positions. Both partners lie on their sides, facing the same direction. This reduces strain on the spine, hips, and knees. A pillow between the knees or under the waist can provide additional comfort. Emotionally, spooning promotes warmth and safety, allowing partners to feel physically close while moving at a gentle pace.

Seated Intimacy

Using a sturdy chair, one partner sits while the other faces them, either straddling or resting lightly on their lap. This posture is excellent for couples with lower-limb pain or poor balance. From a clinical standpoint, the chair provides stability and reduces pressure on the hips and knees. Relationally, it encourages eye contact, kissing, and hand-holding, which enhance connection.

Modified Missionary with Pillows or Wedges

For couples who prefer face-to-face intimacy, pillows or foam wedges under the hips, knees, or lower back can reduce strain. The penetrating partner may support their weight with forearms or by shifting to one side. Adjustable beds can also provide angled support, making it easier to find a comfortable alignment.

*Amazon link for the Liberator sex pillow

<https://www.amazon.com/stores/Liberator/OriginalShapes/page/7BAFA89C-680C-4CBB-AD94-8C2E44D6222E>

Non-Penetrative Intimacy

When pain is heightened, couples can explore alternatives such as mutual touch, oral intimacy, sensual massage, or extended caressing. This relieves the body from stress while fostering intimacy. Clinically, it helps protect painful joints; relationally, it reminds couples that intimacy is about connection, not just performance.

The Role of Props

Pillows, wedges, rolled blankets, and adjustable beds are simple yet effective tools. They reduce joint pressure, enhance alignment, and allow couples to adapt positions for comfort. Having these nearby can make intimacy more relaxed and less stressful.

The Importance of Stretching

Gentle stretching before intimacy can ease stiffness, increase circulation, and reduce the risk of muscle spasms.

Simple stretches for the hips, back, and legs—done for just 5–10 minutes—can make movement easier and more enjoyable. Stretching also helps couples approach intimacy with relaxation, which enhances comfort and pleasure.

Communication Is Key

Discussing needs and preferences openly is essential. Couples should check in with each other, move slowly, and prioritize comfort over performance. Intimacy is most fulfilling when both partners feel cared for and respected.

Married couples experiencing pain or poor flexibility do not need to sacrifice closeness. By using props, choosing gentle positions, stretching beforehand, and communicating openly, intimacy can remain both safe and meaningful. What matters most is not how flexible the body is, but how present, patient, and connected the partners are with one another.

Dr. Shaneka McClarty, DHSc, LCPC

Sex and Menopause: Finding Comfort and Pleasure Again

If you're going through menopause and noticing that sex feels different—or even uncomfortable—you are not alone. Many women experience vaginal dryness or pain during intimacy, and it can feel discouraging. But here's the good news: these changes are common, and there are ways to feel good in your body again.

Why Sex Can Feel Different

As your estrogen levels drop during menopause, the tissues in your vagina naturally become thinner and less elastic. You may also notice less natural lubrication. These changes can lead to dryness, irritation, or even pain during sex. On top of that, hot flashes, sleep problems, and mood swings can leave you feeling less interested in intimacy.

It can be frustrating, especially if sex used to be easy and enjoyable. But menopause doesn't mean intimacy has to stop—it just means learning new ways to care for yourself and adapt.

Ways to Bring Back Comfort and Joy

Reach for Lubricants and Moisturizers

Think of lubricants as your new best friend. A good water-based or silicone-based lubricant can reduce friction and ease dryness instantly. Vaginal moisturizers, used a few times a week (even when you are not sexually active), help keep tissues comfortable.

Talk to Your Doctor About Options

If dryness or pain keeps bothering you, don't hesitate to ask your doctor about treatments like vaginal estrogen (available as creams, tablets or rings) to restore elasticity and moisture. Non-hormonal options, such as vaginal laser therapy or DHEA suppositories may also help. Many women find these simple solutions bring back comfort and pleasure.

****DHEA (dehydroepiandrosterone)** is a hormone naturally produced by the adrenal glands. It serves as a building block for both estrogen and testosterone in the body.

Take It Slow

Your body may need more time to warm up now. Extra kissing, cuddling, or playful touch can make intimacy feel easier and more enjoyable. Scheduling intimacy for times when you feel more rested can reduce discomfort and also increase pleasure. Just give yourself permission to move at a gentler pace.

Experiment With Positions

Try positions that reduce pressure on the hips and pelvis and allow you to relax—like lying on your side (spooning) or using pillows for support. Small adjustments can make a big difference.

Move Your Body

Gentle stretching and even walking boost circulation, flexibility, and support sexual health. Pelvic floor exercises (Kegels) can strengthen muscles and also help with arousal and comfort.

Focus on Connection

Sometimes, the most satisfying intimacy isn't just about sex—it's about closeness. Holding hands, cuddling, or enjoying quiet moments together all build intimacy, which often makes physical intimacy feel more natural.

Menopause changes your body, but it doesn't take away your ability to enjoy love, touch, and pleasure. With the right tools and a little patience, sex can still be comfortable, meaningful, and fun. This stage of life isn't the end of intimacy—it's the beginning of a new chapter where you get to redefine it on your own terms.

Dr. Shaneka McClarty, DHSc, LCPC