

# Sex After Back Surgery or Injury

*A guide for you and your partner*

*I*t is common for people to have sex less often just before and right after back surgery or injury due to pain and stiffness. A short time after surgery, you may return to most of the activities you enjoyed before your surgery, including sex. When you first resume sex, proceed sensibly and with caution – but without fear. As your confidence grows and your back heals, you will naturally resume familiar sexual activities with your partner. But you should know that it is normal for your needs to change for a short time following back surgery or injury.

This booklet will help you understand your feelings about sex and the precautions you must take during sex after back surgery or injury. It shows sexual positions you can use which will protect you and will make sex more comfortable. Share this booklet with your partner. Your surgeon can answer any questions you and your partner may still have after reading this booklet. This booklet should not replace the advice of your doctor, surgeon, therapist or nurse.

**Sex After Back Surgery or Injury**  
8" x 10" 16 page paperback  
Item BSEXBK \$1.35 each  
Quantity Discounts Available



To order visit: [MediaPartnersInc.com](http://MediaPartnersInc.com)  
Questions? E-mail us at: [info@MediaPartnersInc.com](mailto:info@MediaPartnersInc.com)