



CROSSWISE POSITION

The crosswise position allows a couple to engage in more comfortable intercourse when a woman has pelvic pain. If the pain is on the right side, the woman should be on the left side of the bed with her partner to her right. She then, while lying on her back would raise her right leg. Her partner turns to his side and wraps his legs around her left leg. This way, entry is directed toward the left. Obviously, the position can be reversed if the pain is on the other side. The woman can control the depth of penetration with the top leg. By holding it down, she can keep her partner shallower without altering his pleasure. When a woman has a good arousal phase, the vagina gets longer and wider at the top to better accommodate her partner. The crosswise position is very comfortable for both partners, allows for direct clitoral stimulation, and couples are still able to talk and kiss if they choose. It also prevents any direct pressure to the abdominal wall. By using this position and avoiding pain, the arousal phase may improve thus breaking the cycle of pain, decreased arousal, more pain, etc.