

Sexual Activities and Initiation of Body Pain in Men

GhulamNabi¹, Muhammad Amin², Yousaf Khan³, Sana Ullah², Jehan Zeb⁴

¹Department of Animal sciences, Quaid-i-Azam University, Islamabad, Pakistan

²Department of Zoology, University of Karachi, Pakistan

³Msc. Hematology, Lab technician, IBMS, Khyber Medical University, Peshawar, Pakistan

⁴MPhil., Zoology, Hazara University, Pakistan

Abstract: Satisfied and normal sexual activity is a good indicator of quality of life. In the present study a link between the sexual activities and the initiation of mild back pain were studied. In married men after adopting various sexual intercourse positions, mild low back pain (6), knee joint pain (2) and neck pain (1) were reported. Similarly in masturbating group mild low back pain (4), temporary physical weakness (3) and general body aches (1) were reported. But, surprisingly in sex movies addicted group which were not engage in actual sexual intercourse, mild low back pain (4) and limbs pain (2) were reported the mechanism of which is still not understood.

Keywords: Aches, intercourse, Pain

I. INTRODUCTION

Sexual activity is considered as an integral measure of health, disability and is recognized as a well-known indicator of quality of life Stock et al.(1996). A reduction in coitus frequency is not only because of psychological factor (e.g., fear avoidance) but mechanical factors are also involved Berg et al.(2009). Sexual frequency decreases approximately 34% to 84% in men with low back pain or injury Maigne and Chatellier, (2001); Akbas et al.(2010). According to one study, sex life in about 84% patients, suffering from chronic low back pain produces additional pain. In these patients sex life was improved 2 years after operations and this improvement was strongly related to reduction in low back pain Berg et al.(2009). Similarly in another study, sexual intercourse was responsible for worsening the pain in 64% patients suffering from low back pain Monga et al.(1999). Therefore it is very crucial for the patients and clinicians to assess the postures and motions during sexual intercourse that trigger low back pain. Special movement strategies and coital positions can prevent low back pain Natalie and Stuart, (2014).

In the present study normal individuals were recruited to assess the association between sexual activities and initiations of mild body pain.

1.1 Materials and methods

Three groups were made

- those sexually active with their wives
- masturbating group and sex movies addicted.
- Each group contained 20 participants. Their age ranges from 25 to 30 years. All the participants have no history of injury, drug addictions and chronic general and sexual health disorders. They were interviewed separately through a special questionnaire.

II. RESULTS

The sexually active group during sexual intercourse with their wives adopts different sex positions like, side lying, missionary, quadruped etc. and their various variants. In this group mild low back pain was reported in 6 people, knee joint pain in 2 people and neck pain in 1 individual after sexual intercourse. In masturbating group, 11 individuals masturbated with hands while standing, 6 masturbate while sitting and 3 masturbate while lying on bed. In this group 4 participants were reported for mild low back pain, 1 for general body aches and 3 for temporary physical weakness after masturbation. The last group was fond of sex movies. This group does not masturbate or

¹ Corresponding Author: aminmuhammad013@yahoo.com

involved in other sexual activities but still mild low back pain was reported in 4 individuals and limbs pain in 2 participants.

III. DISCUSSION AND CONCLUSION

In this study low back pain, knee joint pain, limb pain, general body aches and temporary physical weakness were reported in sexually active group, masturbating group and sex movies addicted group. Several studies have reported that sexual intercourse increases lower back pain in individuals having a history of low back pain. During sexual intercourse several postures are adapted such as quadruped, which requires very high cycle speed Natalie and Stuart, (2014). Further clinicians can best assess which coital position and motions induces pain in patients with low back pain Magee, (2008). Several postures affect spine movement and this spine flexion and extensions provoke body pain Schultz, (1999). No data is available to explain the link between masturbation, sex movies addiction and initiations of body pain. Although these peoples does not adopt specific body positions, nor there is very high spine flexion and extensions. In sex movies addicted group prolong penile erection may be possible as a factor for low back pain. Further studies are needed to explain the molecular mechanism of how body pains are exacerbated in masturbating and sex movies addicted peoples.

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