

# The 2011 Orgasm Survey - the world's largest survey of the female orgasm is launched

Submitted by: SPM Ltd

Tuesday, 10 May 2011

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The 2011 Orgasm Survey (<http://www.orgasmsurvey.org>) has been launched with the aim of recording the experiences of over 100,000 respondents in the hope that the sex lives of millions of couples can be improved.

The female orgasm has always been a matter of intense interest and the subject of incredible media hype. There is plenty of advice about how to have 'better sex'. But the reality of what women actually experience is shrouded in mystery.

Many women lead a life of misery and frustration because they cannot 'perform' to the supposed norm. The 'medical' condition of Female Sexual Dysfunction has developed to become another profit target for the pharmaceutical industry but there are a dozens reasons why drugs are not always the answer.

A better understanding of the female orgasm, and helping women become more aware of how they can improve their sex lives and their ability to orgasm, should have a major impact on the relationships of millions of couples.

There is strong evidence that the sexual satisfaction of both partners seems to be reduced when a woman's pelvic floor muscles are weakened as a result of childbirth, menopause or the lack of effective exercise. This leads directly to a lack of physical contact and stimulation during intercourse which means that in many cases neither partner can reach orgasm through intercourse alone.

Arnold Kegel, of the eponymous pelvic floor exercises, published clinical evidence in 1952 when he identified a clear link between a well developed pelvic floor muscle and the ability to have a vaginal orgasm. He physically measured the strength that women had in their pelvic floor and stated categorically that there seemed to be a link between strong muscle tone and the ability to achieve orgasm. In his research, women who thought they were sexually dysfunctional were shown by Kegel how to exercise the pelvic floor correctly against a resistance. Over 2/3 of them achieved orgasm for the first time!

The 2011 Orgasm Survey (<http://www.orgasmsurvey.org>) is a light-hearted way to raise the profile of the problem and to get women to think about the issues that could be affecting the most intimate areas of their relationships.

For more information visit [www.orgasmsurvey.org](http://www.orgasmsurvey.org) or follow the progress of the Survey on Twitter ([www.twitter.com/orgasmsurvey](http://www.twitter.com/orgasmsurvey))

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NOTES FOR EDITORS:

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The UK manufacturers of the PelvicToner vaginal exerciser are sponsoring the 2011 Orgasm Survey and have laid down a challenge to millions of women who want to improve their sex lives

The PelvicToner exerciser meets all the exercise requirements identified by Arnold Kegel by helping women to identify and isolate the correct pubococcygeal muscle and then exercise it correctly by squeezing against a resistance. Exercising in this way helps the brain and vagina link together to appreciate the sexual experience by building the appropriate neural pathways. Sex specialists confirm that using the PelvicToner leads to more frequent orgasms of greater intensity because the exercise improves blood flow and increase nerve endings.

In a user survey over 80% of PelvicToner users reported an improved sex life within 4 weeks.

The PelvicToner costs £29.99 from [www.iwabo.co.uk](http://www.iwabo.co.uk) (<http://www.iwabo.co.uk>)

Links:

[orgasm](#),[orgasm survey](#),[national orgasm day](#),[orgasm day](#),[female sexual dysfunction](#),[sexercise](#),[sex](#),[foreplay](#),[vagina](#),[clitoris](#),[exercises for sex](#),[Kegel](#),[gspot](#),[g-spot](#),[pelvic floor](#),[pelvic exercises](#),[pelvictoner](#),[pelvic toner](#) (<http://www.orgasmsurvey.org>)