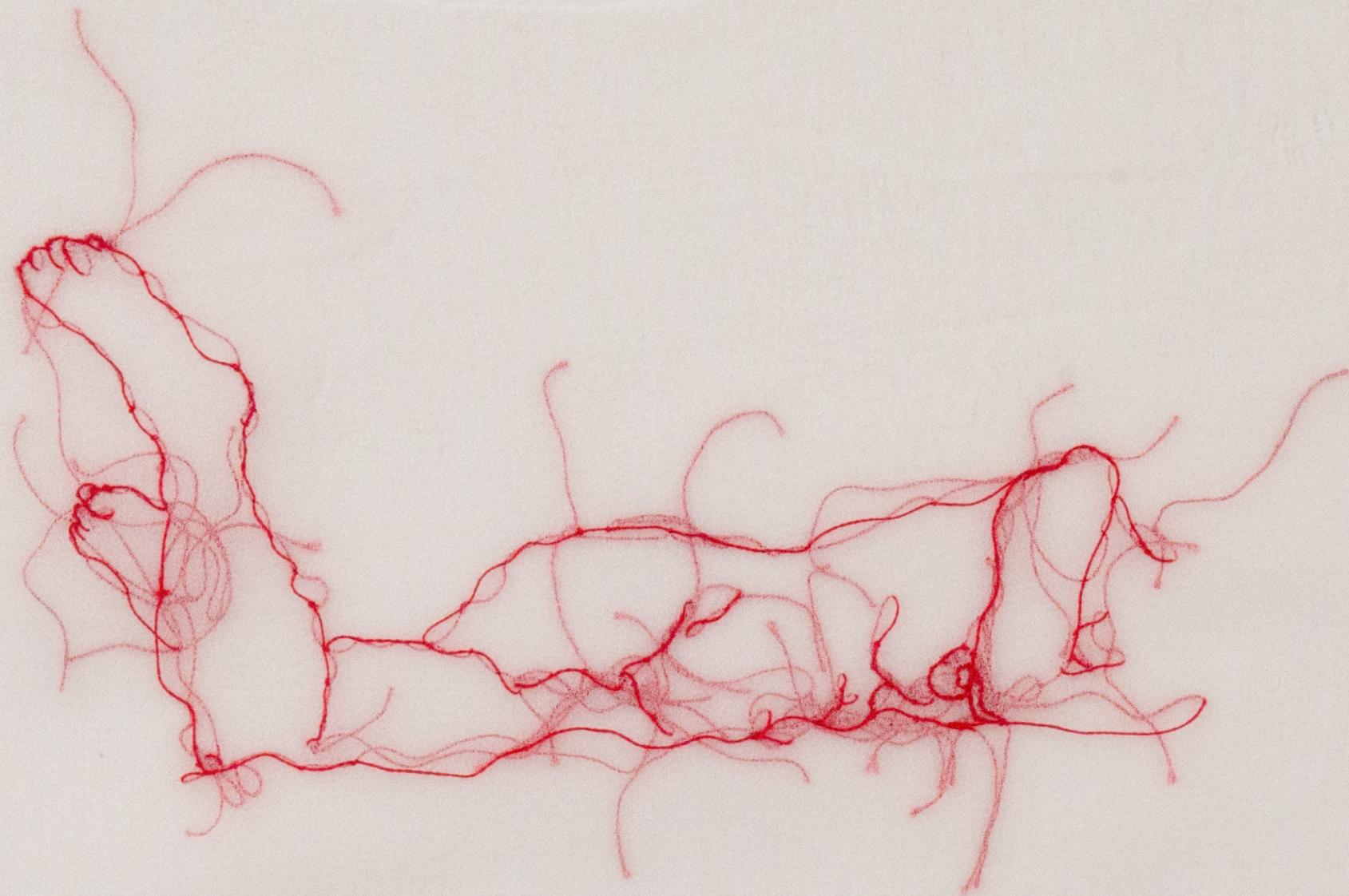
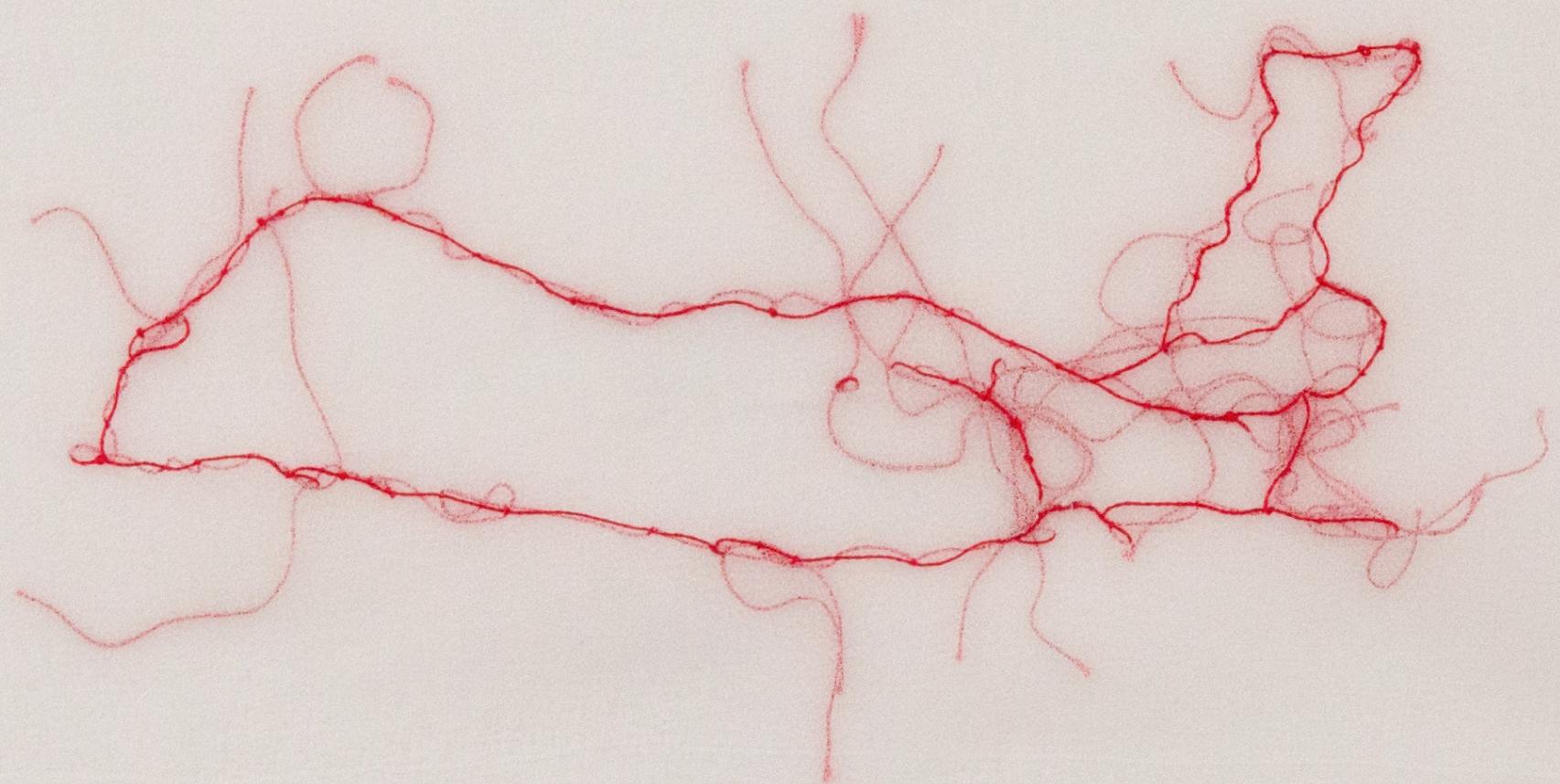
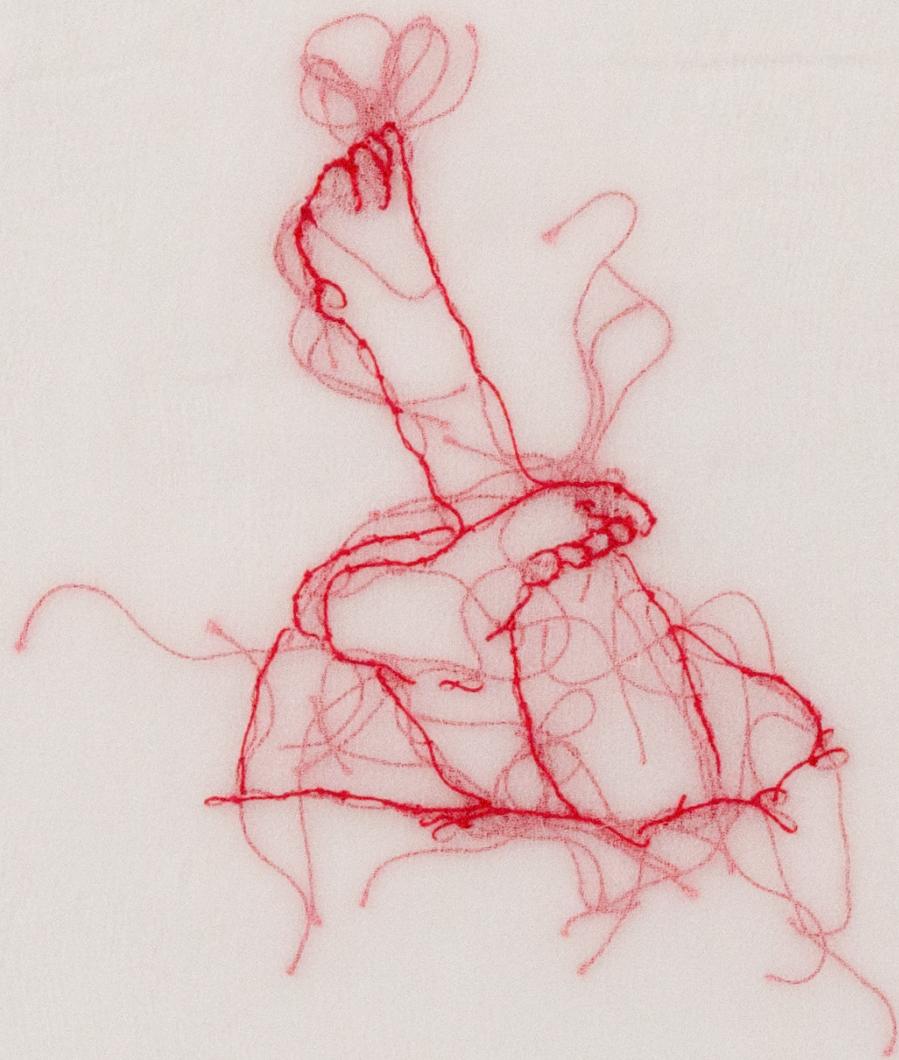


I cross my legs twice—that is, cross them and tuck an ankle around the other leg, which creates pressure on the clitoral area. I never use hands or touch myself—don't have to. I squeeze my legs until I achieve orgasm, moving only slightly. I have very easy orgasms.

-Hite's Report



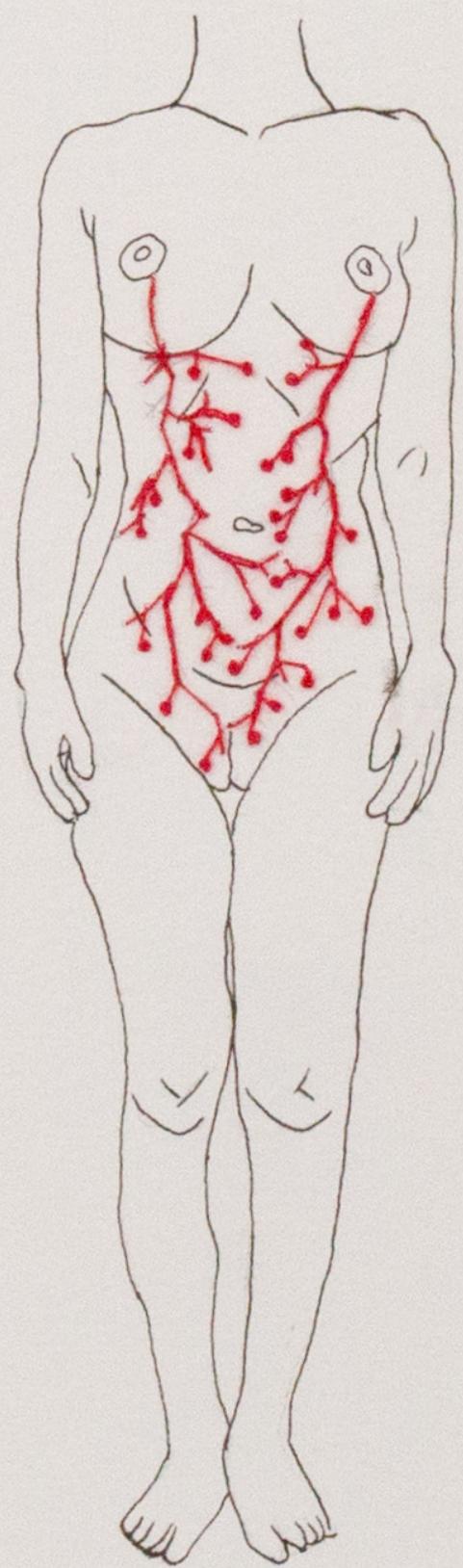






I know—personal disclosure here—I know where I put a lubricant or something on the inside of my hand and rub my nipple there, it sends sensations into my genitals although I don't feel my genitals and it's really erotic and it's a really wonderful feeling. It's really important to start body mapping and looking at what you feel because underneath your arm that your vagus nerves are on there and it does send these sensations down.

- Michelle Donald in documentary  
*Sex on Wheels*



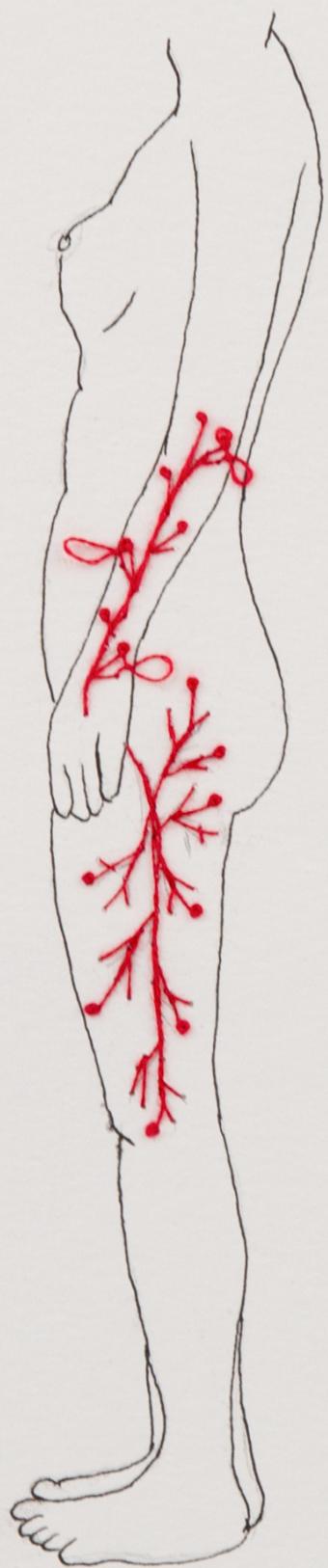
“A friend asked me whether disabled people could enjoy sensual feelings, I put them straight and said yes of course. Even if your disability impacts some of your senses, there are other ways to enjoy sensual pleasure. I know people whose impairment means they don't have any sensation in the intimate parts of their body but instead they love having their upper arms stroked; it gives them such a great feeling —I think it's about finding out what you like and realizing that we are all different regardless of disabilities. As human beings, we all have the ability to feel pleasure. ... Sensual pleasure makes me feel good and I know I am alive.”

- documentary *Disabled people's voices on sexual well-being*



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- Michelle Donald, Psychosexual Therapist, a woman who uses a wheelchair in the documentary *Sex on Wheels*



[During the sexual act] As I haven't really touched myself, I didn't know how my hands were. What a sensation.

[After the sexual act] I don't know that you could lay me down on the bed, you could hold my hand and help me to go all over my body, as much as I can, and of course, I obviously want to feel you because there are some parts I can't reach if you don't help me.

- Soledad Arnau in documentary *Yes, We Fuck!*

