

Cycling and Sexual Dysfunction

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Several studies link sexual dysfunction for both men and women to hard, narrow bicycle seats.

Injury can occur to the nerves and blood vessels important for sexual function either by sudden or prolonged compression. Symptoms of sexual dysfunction include impotence and genital numbness. Women who have a similar network of nerves and vessels are also prone to sexual and urinary complaints associated with bicycle riding.

A large German study determined an erectile dysfunction rate of 4% in cyclists. Given an estimated 100 million active U.S. cyclists, this could infer an increased risk of sexual dysfunction to 4 million men and women.



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