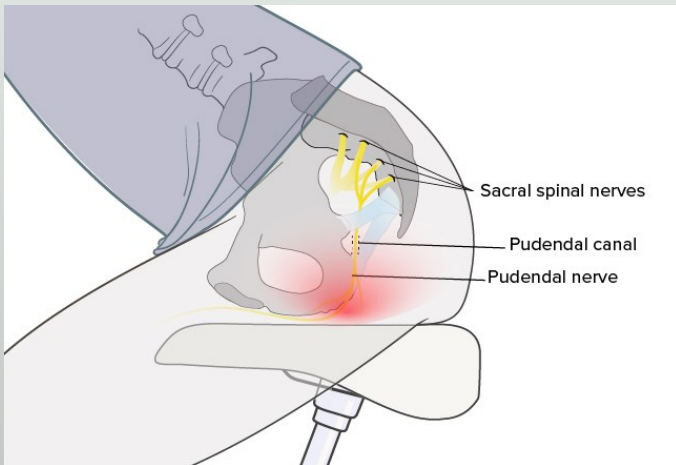


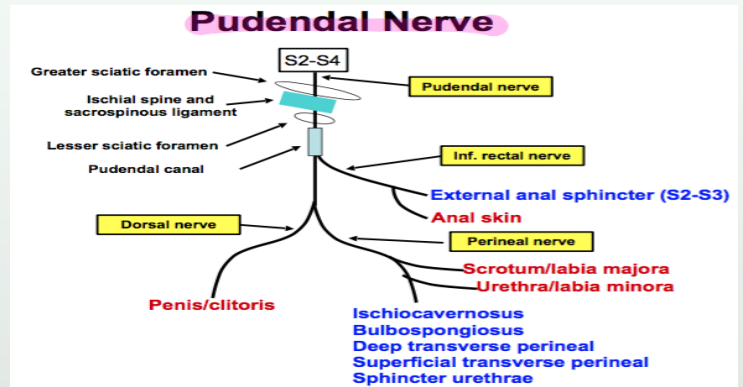
Pudendal Nerve Entrapment aka Cyclist's Syndrome

Symptoms

- ⇒ Penis pain
- ⇒ Ache in Perineum
- ⇒ Erectile Dysfunction
- ⇒ Pain with Urination, and after sexual intercourse
- ⇒ Pain while sitting on your bike saddle
- ⇒ Burning and or Numbness
- ⇒ Increased sensitivity or decreased sensitivity



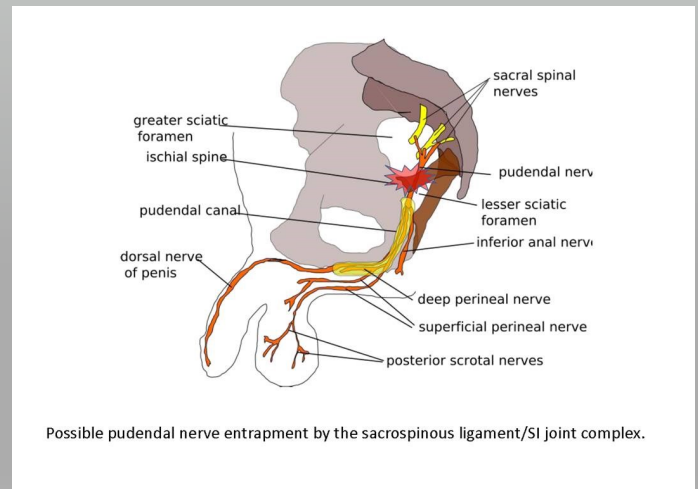
Cyclist syndrome involves the pudendal nerve. The PN arises from the roots of the sacral plexus (S2-S4). 20% of the PN is motor, 50% sensory, and 30% are autonomic fibers. The path of the nerve is medial to the sciatic nerve. It enters the gluteal region and then goes through the greater sciatic foramen. An artery by the same name as well as the venous system runs with the nerve. As you can tell by the diagram this nerve is not one to mess around with. Compression of this nerve, can lead to ischemic neuropathy (a stroke of the PN) due to lack of oxygen.



Cyclist syndrome is found in both male and female riders. Men have a higher concern due to untreated symptoms can lead to Erectile dysfunction.

Prevention strategies

- Proper bike fit along with a proper seat
- If any of these symptoms occur chiropractic has been found to be very beneficial at taking pressure off of the nerve. Physical therapy as well as massage therapy have also been shown to be effective.
- Take a break from cycling
- Avoid constant sitting



Possible pudendal nerve entrapment by the sacrospinous ligament/SI joint complex.



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