



Saddle Health Survey Results

In July 2021, the therapy group at Cycling Canada repeated the saddle health survey conducted in 2017. This recent survey was sent out to 144 athletes across all sports with a response rate of around 50%. Thank you to those who participated, we gained some valuable insights into your experience. Please note, your answers are completely anonymous and we have no way to identify respondents. Your answers have helped to inform our education resources as well as encourage medical referrals for sexual and pelvic health concerns. If you are someone suffering with lingering symptoms please reach out to any of the Cycling Canada doctors or your own primary care physician. Urinary incontinence, pelvic pain and sexual health concerns should not be dismissed and are manageable with the right intervention. A summary of the 2021 survey results can be found below.

73% have had saddle issues in the past year
13% have had saddle issues monthly
19% have had saddle issues multiple times each month

56% have modified training plan 1-3x/year
4% have modified training plan 4-6x/year
4% have modified training plan monthly

52% have missed training 1-3x/year
4% have missed training 4-6x/year
1% have missed training monthly

34% experience low sexual desire/reduced sexual performance
18% experience pain with sex
12% experience urinary urgency/increased frequency (needing to pee immediately or more often than considered normal)
8% experience urinary incontinence (peeing when you don't intend to)

If you have any specific questions around our research please feel free to reach out to your therapist (therapy group), doctor or Alyse Hodgins at ahodgins@csiontario.ca