

Divided saddle seat advantageous to sexual health

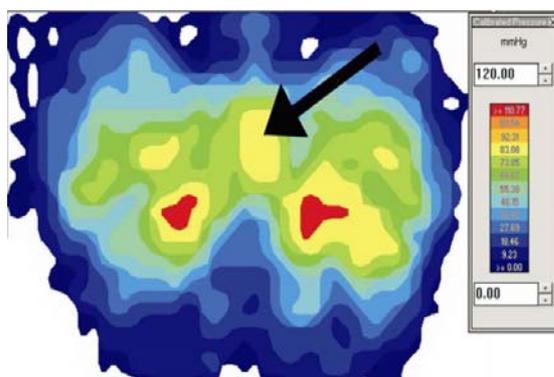
It is estimated that over a half of Europe's adult population suffers periodically or chronically from functional disorders or illnesses of the genital organs. Approximately 40 percent of the working age men have some kind of erectile dysfunctions. Among other things, high cholesterol levels and diabetes, both of which decrease the circulation of blood in the pelvic area, in addition with alcohol and stress, cause these problems.

One of the major reasons for these symptoms is also sitting and its harmful effect on the circulation of blood in the pelvic area and legs. This is mainly caused by the pressure concentrated on the back of the thighs and underneath the pelvis, the detrimental 90-degree angle in the thighs and knees and the inactivity of the feet while sitting. When a person sits, the important lymphs, nerves and veins press between the pelvic bones (mainly the pubic bone and the thigh bone) and the chair. In addition, pressure also radiates to the pelvic floor through the pelvic outlet. Logically, troubles in the pelvic area organs and sedentary work have increased simultaneously in the Western countries.



You can test the sensitivity of your blood circulation by pressing a vein on the back of your hand with a finger. Only a minimal amount of pressure is needed for blocking the circulation in the vein. It is not difficult to imagine the huge amount of blood vessels and nerves that close up when the weight of the upper body squashes them as you sit on a chair.

Male anatomy poorly suited for sitting



Pressure on the genitalia - a male test subject using a one-parted saddle seat

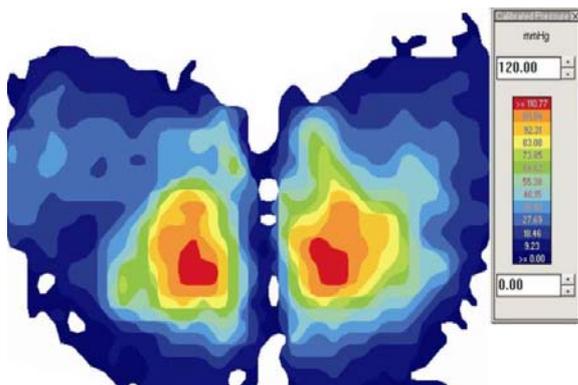
Designing a seat for men is much more difficult than designing a seat for women. Men's sitting is impaired by the fact that the male pubic bone is almost twice the length of its female counterpart.

Men have a tendency of sitting with their pelvis tilted backwards. This unconscious habit relieves the pressure on the root of the penis, situated behind the testis. With the hip tilted backwards and the back rounded, sitting is advantageous to the genital organs, but harmful to the disks in the lower back. Men also like to keep their legs spread to ease the pressure on the testicles. On top of this, the fashionable tight pants squeeze the genital

organs, which are highly sensitive to changes in temperature and compression.

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The decreasing circulation lowers the sitter's pelvic temperature in cold conditions. Sitting on a cold surface is the most common cause of infections of the prostate gland, situated directly behind the pubic bone.



Decreased pressure on the genitalia – the same male test subject while using a two-parted saddle seat

A sitting survey conducted by R. Koskelo and O. Hänninen from the physiology department of the University of Kuopio in Finland clearly showed that using ordinary clothing and chairs raises testicular temperature to approx. 37°C (98.6°F), when as using a two-parted, divided saddle chair lowered the temperature back to the optimum value of 33°C (91.4°F). This increase of 4°C is undoubtedly harmful to the production of sperm cells. The sperm count in Europe has decreased almost by a half during the past 30 years.

In the prevailing sedentary culture this connection between sexual health and sitting has not yet been fully understood. That is why designing better seats and the awareness of sitting has dragged behind.

Less pressure on the pudendal nerve

Pressure on the pudendal nerve (the main nerve of the genital organs) and the surrounding veins has been proved to cause impotence on racing cyclists. The same phenomenon has started to occur among men using a solid, one-parted saddle chair. For example, in Denmark, male dentists who have been using one-parted saddle chairs for years are now beginning to suffer from erectile dysfunctions.

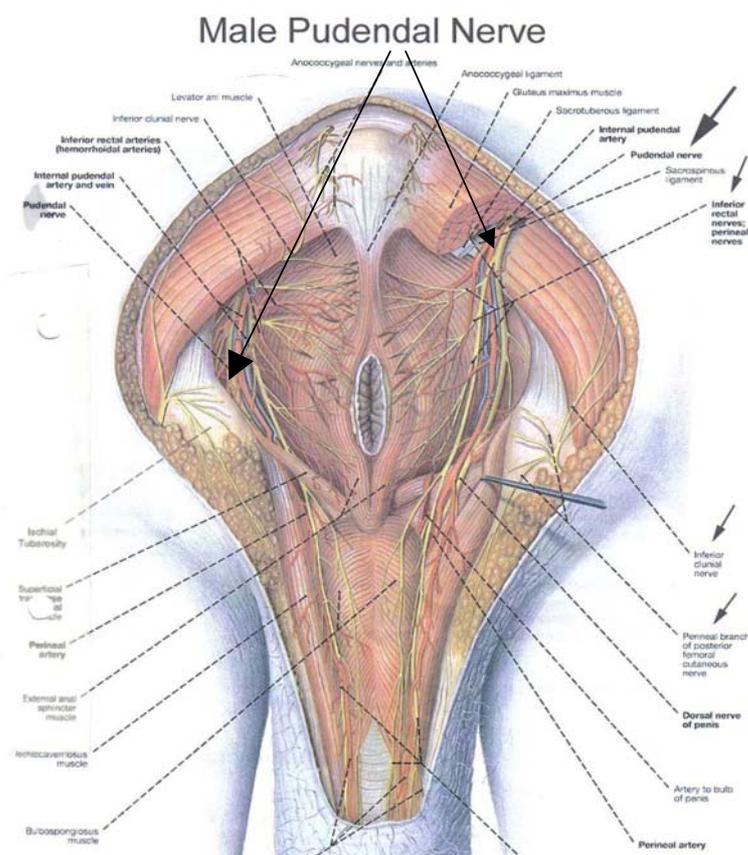
A lot of pressure is applied on the male pudendal nerve also while sitting on a regular chair with the hip held straight. Men can test this by sitting down on a padded chair very slowly and by “putting out their feelers” – all the while keeping their shoulders back and back correctly arched – it is then easy to feel the impacts of pressure on the pelvic area.

When using a divided, two-parted saddle chair the lower part of the penis (behind the testicles, approx. 10 cm on top the pubic bone) no longer suffers from the same kind of compression as it does while using a traditional seat, let alone a one-parted saddle chair. Also the pressure to the pelvic outlet, its nerves and blood vessels is significantly decreased.

Tight pants combined with the use of sanitary pads and pantliners increase the risk of infections on women who have to sit for longer periods of time. This is due to the inadequate ventilation of the area, which leads to the increase of temperature and humidity – gynaecologists noticed the phenomenon in the middle of the 1990's when the use of pantliners increased rapidly. Sitting on a saddle chair that has a gap in the middle of the seat decreases the probability of infections, since ventilation in the area is improved.



Towards a healthier sitting culture



*Anatomy: A Regional Atlas of the Human Body,
4th Edition, by Carmine Clemente, 1997*

choices. It is now possible for health conscious people to choose healthier clothing and physiologically more advantageous – and more profitable – sitting options on the basis of new information.

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Sitting ergonomics specialist

The divided saddle seat encourages both men and women to tilt their hip forward without the uncomfortable feeling of pressure on the pubic bone or genitalia. This helps in maintaining a good lordosis, the natural curve of the back. In addition to this, loose, airy and breathable clothes help in improving the circulation of blood to the lower extremities and the health of the pelvic area.

Riding-like sitting position and high-quality saddle chairs are known to have numerous beneficial effects on human physiology. The most obvious ones are the positive impacts on the health of the back, the knee and hip joints, deepened breathing and improved bowel movement.

Improved sexual health and function are important and intimate areas of life, which you can affect by making the right

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