



# IntimateRider™ Fact Sheet

What you need to know about...

## Stroke & Intimacy

### IntimateRider™ Features



- Comfortable Conforming Fabric
- Stable Back Support
- Optimal Seat Depth
- Non-skid Leg Glides
- Precision Bearings
- Folds for Compact Storage

A stroke is not the end of a couple's sex life. It can continue and can be an important source of pleasure, relaxation and intimacy. Sex is a wonderful way to express feelings of love and tenderness:

Finding ways to discover sexual success and dealing with change is a part of the recovery process. A positive approach will enhance recovery and strengthen self-esteem. Many couples are worried that resuming sex will increase the risk of another stroke. The reoccurrence of stroke due to sexual activity is unlikely and in fact, sex is usually beneficial for physical and mental well-being of stroke survivors and their partners. Sex can improve their quality of life and strengthen bonds of closeness.

Survivors and their partners can begin to have sexual feelings during the recovery process and now they may need to consider sexual re-adjustment. Here are several ways the IntimateRider and RiderMate can assist in finding new ways to enjoy sex:

### IntimateRider™ Accessories



- RiderMate™
- Rider Cushions
- Colorful Slip-covers
- Travel Bag

- Keep an open mind and rediscover what works best for you and your partner.
- Communicate with your partner. You may need to develop non-verbal signals to overcome language issues.
- Experiment with touch to amend for loss of sensation. The support of the IntimateRider frees one's hands so they can gently caress their partner.
- Different degrees of hemiplegia require adjustments in positioning. The IntimateRider and RiderMate add support so that new positions are comfortable and easy to obtain.
- Find relief from muscle spasms, stiffness, lack of balance and fatigue. The IntimateRider and RiderMate will help alleviate these issues by providing a method of support for your body where balance, strength or coordination may be poor.
- It is important to discuss your feelings with your partner and be sure to talk to your doctor about any questions or concerns.

### IntimateRider™ Benefits



- Tender Movements
- Stability for New Positions
- Light and Easy to Transfer
- Low Center of Gravity

**Contact Us:** For additional information: [info@intimaterider.com](mailto:info@intimaterider.com) or call the **IntimateRider Hotline at 952.873.6136**  
**Order online at: [www.intimaterider.com](http://www.intimaterider.com)**

