# Hard Flaccid Syndrome Report

## October 2026

**COMPILED BY**
The Editorial Team

**PUBLISHED**
15 October 2026

**DATA AS OF**
15 October 2026

**THE DATA**
6,026 men with hard flaccid syndrome who shared their experiences, December 2020 to October 2026

**STATUS**
A fixed record. It is never changed after publishing.

**LICENCE**
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**METHOD**
hardflaccidresearch.com/methodology

**Our first monthly report. It sets the starting point: what 6,026 men with hard flaccid syndrome describe, how many got better, and what they ask most. Every report after this one shows what has changed.**

| 6,026 | 818 | 43,067 |
|---|---|---|
| men with hard flaccid | polls | votes |

### KEY FINDINGS

1. 6,026 men with hard flaccid syndrome shared their experiences between December 2020 and October 2026. (Hard Flaccid Research data, as of 15 October 2026)
2. The most common symptom is a firm flaccid state: 58 in 100 men who described their symptoms mention it. (1,553 of 2,661 men)
3. 99 in 100 men found out about hard flaccid online, not from a doctor. (69 of 70 men, poll, Jun 2023)
4. 95% of men who had seen a urologist said the visit was not helpful. (63 of 66 men, poll, Nov 2022)
5. 42% say they are at least half better than when it started, and 3% say they are fully healed. (56 and 4 of 132 men, poll, Jun 2023)
6. 67% say hard flaccid affects their life dramatically and they desperately want help. (83 of 124 men, poll, Jan 2023)

**Table 1.** What men describe most. Men who described their symptoms, each counted once.

| Symptom | Men | Of 2,661 |
|---|---|---|
| Firm flaccid state | 1,553 | **58%** |
| Weaker erections | 926 | **35%** |
| Numbness | 914 | **34%** |
| Shrinkage and retraction | 720 | **27%** |
| Pelvic floor tension | 601 | **23%** |
| Hourglassing and indents | 411 | **15%** |

**Table 2.** Getting better. "Have you healed?" A poll of 132 men, Jun 2023.

| Answer | Votes | Share |
|---|---|---|
| Yes, 100% | 4 | **3%** |
| About 90% better | 10 | **8%** |
| At least half better | 42 | **32%** |
| Not healed | 76 | **58%** |

**Table 3.** Life with hard flaccid syndrome. Three polls of men with hard flaccid syndrome.

| What men said | Voters | Share |
|---|---|---|
| It affects their life dramatically | 124 | **67%** |
| They have cut back on seeing people heavily, or never leave the house | 125 | **54%** |
| They haven't had sex since hard flaccid began | 159 | **42%** |

If that's where you are, you're not alone. Support and crisis lines: hardflaccidresearch.com/support

**Table 4.** What men ask most. Separate men asking each question.

| Question | Men who asked |
|---|---|
| Why are my erections weaker, and will they recover? | **343** |
| Why is there pain? | **232** |
| Is it a blood flow or vein problem? | **218** |
| Which stretches or exercises help? | **216** |
| Do I have hard flaccid? | **193** |
| Should I do Kegels or reverse Kegels? | **118** |

### NEW ON THE SITE

- The self-check compares your symptoms with what men report: hardflaccidresearch.com/check
- The doctor visit kit makes you a one-page summary for your appointment: hardflaccidresearch.com/doctor-visit-kit
- Add your experience lets you report your own hard flaccid syndrome, and the numbers update straight away: hardflaccidresearch.com/add-your-experience

### NEXT MONTH

The November report adds the first numbers from men who report to us directly, shown once at least 30 men have answered each question.

## How to cite this report

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How the data was collected: hardflaccidresearch.com/methodology. Journalists and researchers: hardflaccidresearch.com/press. Not medical advice: see a doctor about your symptoms.