

Cycling injuries

Cycling season is amongst us and nestled in the heart of the Surrey hills is a Mecca for all cyclists whether on-road or off-road. Don't let your cycling be hindered this season by niggling injuries. Pop in for an assessment.

Common cycling injuries

Kneecap pain - The most common complaint in cyclists. This can be caused by saddle height being too high or low. Muscle tightness in the quads, hip flexors and hamstrings can cause knee pain. Also muscle weakness namely in the gluteals, hamstrings and quadriceps can cause pain.

Outside knee pain (ITB) syndrome – This can be caused by excessive friction of the distal ITB. Friction may be caused by muscle imbalance, poor seat height and ITB tightness.

Hamstring strain – Excessive force on the back of the knee due to saddle being too high. This can also be due to muscular imbalance.

Hip pain – This is generally due to excessive compressive load on the hip from sustained forward riding position. This can again be caused by muscle weakness in the legs and stiffness within the hip and low back joints.

Low back pain – Again very common in cyclists and is generally due to poor mechanics on the bike, tight and/or weak muscles.

Neck pain – Due to sustained neck positions on the bike and poor spinal movement. Also due to poor seat position and handlebar height

Physiotherapy treatment

Most of these problems can be eased by identifying any areas of tightness, stiffness and weakness around the problem area and treating these issues. All of these problems are related to handlebar and saddle position therefore a proper bike fit is also essential.

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Cycling



Clinics in Horsham, Cranleigh & Dorking

**Stretches and Dynamic Warm-Up
Exercises that can be used as part
of your warm up.**

**Common Injuries and How to
Prevent Them**

Hamstring



- Stand with one foot on a stool in front of you.
 - Straighten your leg and stick your buttock out to arch your lower back.
 - Lean your body forward until you feel a stretch behind your thigh.
 - Maintain the position and relax.
- NB You can rest your leg on the bike frame to do this stretch before and after your ride

Iliopsoas and Quads



- Kneel on one knee creating a 90 degrees angle with the opposite hip
- Tilt your pelvis backwards to flatten your lower back and transfer your weight forward until you feel a gentle stretch through front of hip of the lower leg.
- Maintain the position and relax.
- To increase the stretch - Bend your back knee to bring your heel to your bottom.
- NOTE: Maintain Upper body upright and your lower back flattened (not arched)

ITB/Piriformis



- Sit with straight back and cross one leg over the other.
- Hold your knee with the opposite arm and pull your knee across your chest towards the opposite shoulder until you feel a stretch on the outside leg and/or buttock.
- Maintain the position and relax.

Glutes



- Lie on your back with your knees bent, place one foot (affected side) over the opposite knee.
- Grab behind the leg that is on the ground with your hands and pull it toward you until you feel a gentle stretch.
- Maintain the position and relax.
- NOTE: Push on your knee to increase the stretch.

Calf



- Stand and place both hands on a wall, with your feet about half a meter from the wall.
 - Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf.
 - Maintain the stretch and relax.
- To stretch the soleus muscle, slowly bend the knees while keeping heels on the floor until you feel a stretch in the calf of the back leg.

Shoulders & Chest



- Stand straight with your legs comfortably apart and your chin tucked-in.
- Raise both arms and clasp your hands behind your head.
- Push your elbows back as much as you can.
- Maintain the position and relax.

Dynamic Warm-Up



Running Butt Kicks

- Run forward and kick the heels to the buttocks.
- Try to move the opposite arm at the same time of the leg that goes back.
- Keep the torso upright and stand tall as you do the movement.



Lateral Leg Swings

- Either stand in front of a wall for balance or do it free standing.
- Swing your leg with a side to side motion starting from the hips.
- Do not round the upper back.



Forward Head Roll

- Sit in good upright posture.
- Drop your head forward bringing your chin towards your chest, initiating the motion with a chin nod.
- With head down in this position, rotate to the right and left in an arc motion. Only use the front half of the circle, not coming back into the back half of extension.



Arm Circles

- Stand up straight and look directly ahead of you
- With your elbows straight, move your arms up, in, out, and down in order to form circles that are as large as possible
- Relax your arms