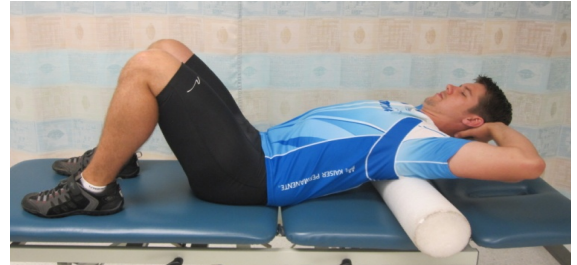


Common Cycling Injuries, Treatment and Prevention

Neck pain due to excessive and/or prolonged extension

Body corrections: Stretch the neck muscles (upper trap, levator scapulae, suboccipitals); mid-back extension stretch using a foam roll or towel roll; shoulder blade strengthening (rows, scapula squeezes).

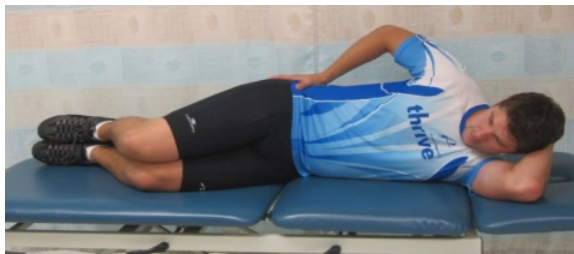
Equipment corrections: Raise handlebar height, tip saddle back, slide seat forward/shorten stem, adjust helmet to sit farther back/remove visor.



Knee pain due to excessive bending or poor alignment

Body corrections: Stretch the hip and thigh (quads, hamstrings, IT band, and gluteals); correct alignment (knee in line with toes), strengthen the gluteals.

Equipment corrections: Raise post, ride in lower gears or on flatter surfaces, slide seat back, shorten crank, use cleats.



Hip pain due to prolonged flexed position

Body corrections: Stretch IT band, hamstrings and hip flexors. Strengthen gluteals and core.

Equipment corrections: Adjust seat height/tilt, raise handlebars, softer/wider seat, stand up, shorten crank.

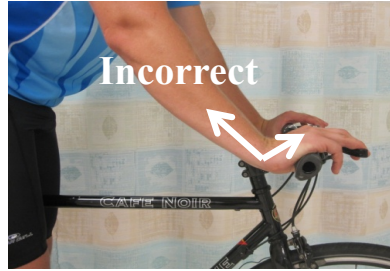


Hand pain due to compression of the ulnar nerve

Body corrections:

Adjust hand/wrist position, wear gloves or add cushioning to handlebars to dampen vibration/compression.

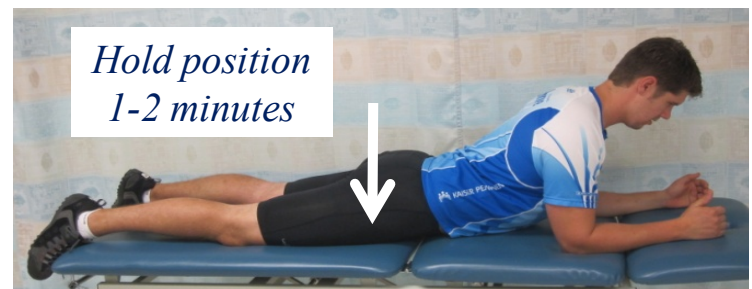
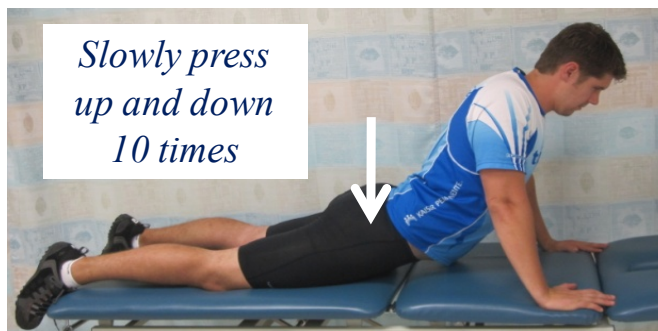
Equipment corrections: Wear gloves or add cushioning to handlebars to dampen vibration/compression.



Lower back pain due to prolonged flexed postures

Body corrections: Stretch the hip and hamstrings, back extension stretches (cobra), core strengthening.

Equipment corrections: Adjust seat height/tilt, shorten crank, raise handlebars, avoid excessive use of aerobars or drop down bars.



Foot pain due to improper shoe fit and lower leg weakness

Body corrections: Strengthen the calf muscles, stretch the calf muscles.

Equipment corrections: Loosen the toe box, metatarsal pads, move cleats back.

