



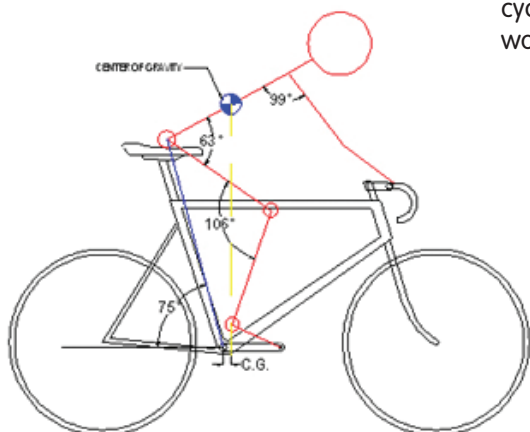
infosheet Cycling

Cycling – what you need to know

A competitive road cyclist sits in the same position for 25-35 hours per week and cycles at a rate of 80-120 rpm, thus performing in excess of 150 000 lower limb repetitions per week. Even if you're not doing the same amount of kilometres as Cadel Evans or Baden Cooke, if you enjoy cycling and try and get on the bike regularly, there are still certain things that you need to think about in order to optimise your cycling performance.

Set up positioning of your bike

The importance of a good bike set-up can never be overestimated. Factors that should be considered include seat height, seat fore/aft position and reach, crank height, cleat positioning, just to name a few!



Common complaints

- Lower back pain
- Iliotibial band tightness
- Numb toes or burning feet
- Hand damage
- Shoulder pain
- Knee injuries

It's hard to take time off the bike because of injury. Unlike other sports where rest is often essential after injury, it is usually important for the cyclist to keep riding, in a modified form, if this is possible. The key to management of cycling injuries is to identify and treat the cause. Cycling involves recruitment of specific muscles and joints and requires specific rehabilitation. Exercise programs designed for cyclists are tailored to their strengths and weaknesses with the ultimate goal of enhancing performance on the bike.

It's important to remember that cycling is unique due to the combination of extreme postural inertia of the upper body and trunk together with excessive repetitive load on the lower limbs. To be a good cyclist requires not only strength and coordination, but also correct biomechanical positioning. Whilst other sports are man (or woman) alone, cycling is very much man and machine working together.



Cycling specific services offered by the Solutions team:

- **Physiotherapist Sonia Henry.** Sonia has had experience working with a variety of cyclists, from track to road, most recently with the St Kilda Cycling Club in Melbourne. She has completed courses in cycling biomechanics and bike set up run by Trish Wisbey Roth (physiotherapist for the Australian Olympic cycling team). Cycling is one of Sonia's special interests.
- Rehabilitation of cycling specific injuries
- Bike set up and biomechanical assessment
- Video analysis
- **Individual exercise programs**
Solutions exercise therapists will design a program using the innovative equipment of the Pilates method to assist injury recovery and prevention as well as increase your cycling performance. Our focus will be on establishing optimum patterns of muscle recruitment.

Phone:
02 4232 2222
17/106 Terralong St Kiama NSW 2533
info@solutions4wellbeing.com.au
www.solutions4wellbeing.com.au
On-the-spot health fund rebates and EFTPOS available via HICAPS.