## CHEAT SHEET

## The 8 Most Common Cycling **Injuries** and How to Avoid Them

INJURY Knee Pain	Pain in/under the kneecap     Worse going up and down hills/stairs     Worse after prolonged sitting	Poor alignment and tracking of kneecap due to muscle weaknesses and tightness     Increased training intensity, seat too low, riding too long in big gears     Cleat too near inside of shoe	<ul> <li>Address muscle imbalances with strengthening and stretching exercises</li> <li>Vary your pedal cadence</li> <li>Raise seat height</li> <li>Use insert in shoe to stabilise foot and reduce strain on knee</li> <li>Move cleat outwards</li> </ul>
Back Pain	<ul> <li>Deep ache across lower lumbar area with stiffness</li> <li>Can refer into buttocks, groin and hip</li> <li>Worse after prolonged sitting and on getting up in the morning</li> </ul>	<ul> <li>Mechanical factors like poor bike posture, hunching over handlebars</li> <li>Lack of flexibility</li> <li>Weak core muscles</li> </ul>	<ul> <li>Improve flexibility</li> <li>Core strengthening</li> <li>Alternate postures whilst riding to reduce load on spine</li> <li>Check leg length discrepancy</li> </ul>
Neck Pain	<ul> <li>Pain along back and sides of neck</li> <li>Can refer pain to shoulder tips and down between shoulder blades</li> </ul>	<ul> <li>Poor bike posture – excessive hyperextension (looking up) of the neck</li> <li>Weak stabilising muscles of neck</li> </ul>	<ul> <li>Strengthen deep neck flexors (stabiliser muscles)</li> <li>Lengthen trapezius muscles by stretching</li> <li>Shorten your reach on bike</li> <li>Raise handlebars</li> <li>Vary hand positions whilst riding to change neck postures</li> </ul>
Iliotibial Band (ITB) Pain	<ul> <li>Pain and tenderness on outside of knee</li> <li>Occasionally swelling</li> <li>Pain walking up and down stairs</li> <li>Stiffness after inactivity</li> </ul>	<ul> <li>Repetitive rubbing of band over bony condyles</li> <li>Exacerbated by poor flexibility of thigh, hip and buttock muscles</li> <li>Weak pelvic stabiliser muscles</li> <li>Cleat too near outside of shoe</li> </ul>	<ul> <li>Raise seat height</li> <li>If you pronate (flat-footed) get a wedge/orthotic</li> <li>Don't tuck your knees in too close to stem as this increases tension on ITB</li> <li>Move cleat inwards</li> <li>Strengthen weak pelvic stabilisers and stretch ITB, thigh and buttock muscles</li> </ul>
Achilles Tendon Pain	<ul> <li>Pain at back of ankle</li> <li>Pain during riding and afterwards</li> <li>Pain and tightness after inactivity or on rising in the morning</li> </ul>	<ul> <li>Increased training intensity, hill training</li> <li>Lack of flexibility in calf muscles</li> </ul>	<ul> <li>Strengthen Achilles tendon and calf muscle</li> <li>Improve flexibility</li> <li>Lower saddle to avoid cycling on 'tippy toes' as this loads the tendon</li> </ul>
Hip Pain	<ul> <li>Deep pain in the hip, thigh, groin and buttock areas.</li> <li>Can refer pain into leg with possible numbness and/tingling</li> </ul>	<ul><li>Overtraining, pushing high gears</li><li>Muscle imbalances in hip/pelvic region</li></ul>	<ul> <li>Strengthen underlying muscle imbalance</li> <li>Improve flexibility</li> <li>Gear back and increase cadence</li> </ul>
Hand Pain 'Handlebar Palsy'	<ul> <li>Numbness, tingling and weakness over outside of hand, little finger and outer half of ring finger</li> <li>Clumsiness in hand</li> </ul>	<ul> <li>Wrist extended on handlebars for prolonged periods, weight of rider pushing through wrist and vibrations from road applies pressure to ulnar nerve</li> </ul>	<ul> <li>Alternate hand positions during ride</li> <li>Shorten stem and sit up more to reduce weight on wrists</li> <li>Gel padded gloves and padded handlebars reduce pressure</li> </ul>
Burning Feet 'Metatarsalgia'	Painful burning feet	<ul> <li>Long hilly rides, hot weather</li> <li>Tight shoes – compressing nerves and impeding circulation</li> </ul>	<ul> <li>Wider shoes</li> <li>Move cleats closer to the heel to reduce pressure on forefoot</li> <li>Larger platform pedal</li> <li>Supportive inner soles and thermo-regulating socks</li> </ul>





