

# Injury Prevention Tips For Cyclists

## Cycling Mechanics

Changing your body position often while riding can help alleviate stress and strain.

- Change your hand position or stand up off saddle while climbing.
- Watch your alignment on longer rider to decrease your chance of injury.
- Keep your wrists in a neutral or “handshake position”
- Watch your knee alignment by making sure your knee caps remain pointing straight forward

## Bike Fitting

Getting a custom bike fit can improve your handling and increase your safety while riding. It can also help to prevent overuse injuries. Call OSU Sports Medicine at 614-293-3600 to schedule.

## Equipment




Certain equipment can help to prevent injuries on longer rides. Wearing padded gloves can help to prevent pressure through the hands that could cause numbness or tingling. Saddle soreness can also be alleviated sometimes by using padded biking shorts.

## Training Techniques

Following some basic training guidelines while cycling can help to keep you healthy as you build your cycling endurance. If you are a new rider or starting to train for longer distances make sure that you limit distances, speeds, and hills. Follow the rule: don't ride too long, too fast, or do too many hills too soon. Keep a training log to ensure you are not increasing your mileage too fast, as well as making sure you are taking a rest day or two in your weekly schedule. When riding longer distances, make sure that you are hydrating well and following proper nutrition. Any time you are riding over an hour, having a small carbohydrate snack is recommended.

## Stretching / Foam Rolling

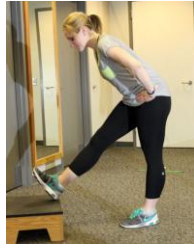
After cycling, stretching and foam rolling can help reduce tightness and muscle soreness to help with your recovery, including these common ones:

<b>Hamstring</b>	Use arms and opposite leg to support you, rolling the back of your thigh from buttocks to knee.	
<b>Quads</b>	Use arms to support you, and allow front of thighs to sink into foam roller. Roll from top of knee all the way up to your hip.	
<b>IT Band</b>	Lie on the side you want to roll, and cross other foot over that leg. Using foot that is flat on ground and your hands, roll from outside of knee all the way up to outside of hip, allowing the leg being rolled to relax completely.	

## Stretching (continued)

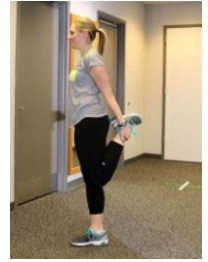
### Hamstring

Place your foot on a small stool or step with your toes pointing up and your knee straight. Slowly lean forward at the hips, maintaining good posture through the trunk, until a stretch is felt in the back of your thigh.



### Quadriceps

Standing up straight, hold onto something for balance. Grasp one ankle with the same hand and pull your ankle close to your buttock by bending your knee, until a stretch is felt on front of your thigh.



### Gastrocnemius

Start standing in a lunge position, with the back leg straight and the front knee bent. Slowly lean forward into a wall, keeping the heel of the back foot on the ground. Lean forward until you feel a stretch in the calf muscle of the back leg.



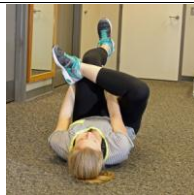
### Levator Scapula

Sitting or standing, place one hand on your low back. Look down towards your opposite armpit. With your hand, gently grasp the opposite back side of your head, and give gentle overpressure down and sideways until you feel a stretch in the back corner of your neck.



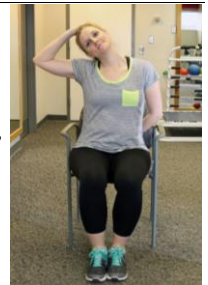
### Piriformis

Lying on your back, cross your legs and place your ankle on your opposite knee. Gently pull upward behind the thigh on the bottom leg into the chest until a stretch is felt in the buttock/hip.



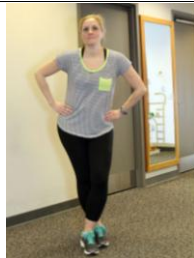
### Upper Trapezius

Sitting or standing, place one hand on your lower back. With your other hand, gently grasp opposite side of head and bend toward that arm until a stretch is felt on opposite side of your neck.



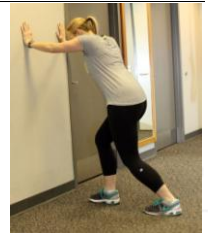
### IT Band

In a standing position, cross one leg over the other and then lean in the direction of the back leg until a stretch is felt in the outside of the hip.



### Soleus

Start standing in a lunge position with both knees bent, and then lean forward into a wall until stretch is felt in lower calf or Achilles.



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