

# CHEAT SHEET

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

INJURY	SIGNS & SYMPTOMS	COMMON CAUSES	TIP
<b>Knee Pain</b> 	<ul style="list-style-type: none"> <li>● Pain in/under the kneecap</li> <li>● Worse going up and down hills/stairs</li> <li>● Worse after prolonged sitting</li> </ul>	<ul style="list-style-type: none"> <li>● Poor alignment and tracking of kneecap due to muscle weaknesses and tightness</li> <li>● Increased training intensity, seat too low, riding too long in big gears</li> <li>● Cleat too near inside of shoe</li> </ul>	<ul style="list-style-type: none"> <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>
<b>Back Pain</b> 	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>● Mechanical factors like poor bike posture, hunching over handlebars</li> <li>● Lack of flexibility</li> <li>● Weak core muscles</li> </ul>	<ul style="list-style-type: none"> <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>
<b>Neck Pain</b> 	<ul style="list-style-type: none"> <li>● Pain along back and sides of neck</li> <li>● Can refer pain to shoulder tips and down between shoulder blades</li> </ul>	<ul style="list-style-type: none"> <li>● Poor bike posture – excessive hyperextension (looking up) of the neck</li> <li>● Weak stabilising muscles of neck</li> </ul>	<ul style="list-style-type: none"> <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>
<b>Iliotibial Band (ITB) Pain</b> 	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <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 style="list-style-type: none"> <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>
<b>Achilles Tendon Pain</b> 	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>● Increased training intensity, hill training</li> <li>● Lack of flexibility in calf muscles</li> </ul>	<ul style="list-style-type: none"> <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>
<b>Hip Pain</b> 	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>● Overtraining, pushing high gears</li> <li>● Muscle imbalances in hip/pelvic region</li> </ul>	<ul style="list-style-type: none"> <li>● Strengthen underlying muscle imbalance</li> <li>● Improve flexibility</li> <li>● Gear back and increase cadence</li> </ul>
<b>Hand Pain 'Handlebar Palsy'</b> 	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <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 style="list-style-type: none"> <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>
<b>Burning Feet 'Metatarsalgia'</b> 	<ul style="list-style-type: none"> <li>● Painful burning feet</li> </ul>	<ul style="list-style-type: none"> <li>● Long hilly rides, hot weather</li> <li>● Tight shoes – compressing nerves and impeding circulation</li> </ul>	<ul style="list-style-type: none"> <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>