

# PREVENTING CYCLING INJURIES

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Do you suffer from muscle and joint pain when cycling?

This can be caused by:

- Incorrect bike setup
- Improper training techniques
- Postural adaptations while cycling

A physiotherapist will be able to assess and manage your injury and provide advice to prevent further injuries.

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Tel (011) 615 3170 or visit [www.saphysio.co.za](http://www.saphysio.co.za) to find a physiotherapist near you.

Lower back pain	Handlebars too low or too long (strains the back to reach the bars). Seat too high (causes rocking of the lower back while pedalling). Seat too low (lower back over-flexes).	Raise the handlebars. If it still hurts, try shorter handlebars. Check the height of the seat.
Neck pain	Handlebars too low (strains the neck to see).	Raise the handlebars.
Shoulder pain	Handlebars are too low (too much weight is placed through the arms).	Raise the handlebars.
Hand pain or numbness	Handlebars too low (too much weight is placed on the hands).	Raise the handlebars. Wear protective gloves.
Pain in the front of knee	Seat too low. Incorrect cleat position.	Raise the seat. Check the cleat position.
Pain at the back of knee	Seat too high (causes knees to overextend).	Lower the seat.
Hamstring strain	Seat too high (strains the hamstring on down stroke).	Lower the seat.
Achilles tendon pain	Peddalling too much on your toes. Cleats too far forward on your shoes.	Keep the balls of your feet over the pedals while pedalling. Move the cleats back.

Have your bike set-up and frame size checked by a reputable specialist.

**KEEP CYCLING FUN BY PREVENTING INJURIES!**



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