

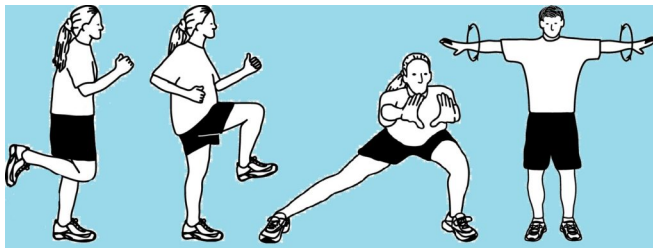


Time to Dust off your Bicycle- Summer's Right Around the Corner!

5 tips for avoiding Cycling Injuries this Season

Cycling is an extremely repetitive sport that involves long duration and high-intensity training—which can ultimately lead to injury. These five injury prevention techniques can help you perform at a higher level and reduce your risk of overuse.

1. Pre-Workout: Perform dynamic stretches for 5–10 minutes, such as leg crossovers and scorpions to open up the hips and spine. They will help reduce joint and muscle stiffness prior to hopping on the bike.



specifically the patellofemoral joint (kneecap area). High-intensity training at lower rpm may have rewards but also comes with greater injury risk.

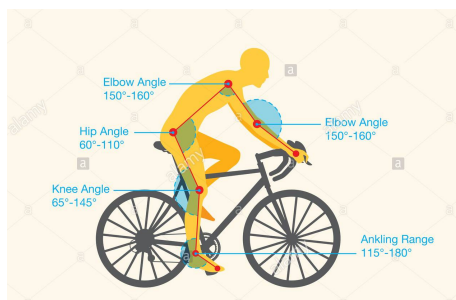
2. During Workout:

Keep your cadence at 90 rpm or greater to reduce stress on the knee,



Cadence

3. Post-Workout: Use the foam roller to reduce muscle soreness and tightness. Focus on the iliotibial band, quadriceps and piriformis (a deep gluteal muscle).



4. Gear:

Get a professional bike fit done and keep well-documented measurements of saddle height and fore/aft position. Always check measurements when traveling with the bike and after a bike crash.

5. Shoes: Tighten cleat screws/bolts, as they sometimes loosen and cause the cleat to shift.

Once you have the cleat in the ideal position, make



sure you outline the cleat in permanent marker. Overuse injuries can be created if the cleat shifts too far forward or back, increasing stress on the knee.