

# CITY SQUARE

## PHYSIOTHERAPY

News and events from City Square Physiotherapy: July-August 2012



## Bicycle Fitness and Injury Prevention: Extrinsic and Intrinsic Factors:

Making the most of your cycling training depends both on the bike (extrinsic) and your body (intrinsic). You and your bike are an ensemble: optimal performance depends on correct functioning of both components.

### Bike:

Make sure you fit your bike properly:

- A seat too high can cause achilles tendonitis.
- A seat that is too low may cause pain in the lower back and knees.
- Improper foot position on the pedal (or improper cleat alignment) can cause pain on the inside or outside of your knees.
- Cyclists with slight differences in leg length may have knee pain because the seat height is only adjusted for one side. Your physio can suggest proper shoe inserts or orthotics to correct this.
- Neck pain is another common cycling complaint, and is usually the result of riding a bike that is too long or having handlebars that are too low.

### Body:

- If your spine or pelvis are misaligned this causes uneven movement patterns in your legs - kind of like your cars' wheel alignment being off.
- Tightness in key leg muscles such as quadriceps or hamstrings can cause overuse problems like IT band syndrome or patello-femoral tracking issues.
- Tight calves can cause achilles tendon pain.

At City Square Physiotherapy, we can identify the intrinsic factors that may be giving you cycling related pain.

To book your Appointment, call 604 879-4668

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