

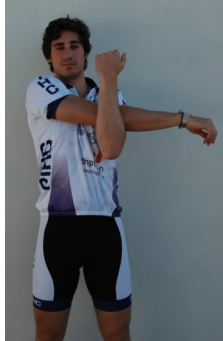
Approximately 50% have experienced some form of shoulder pain and the following stretches may help to prevent this:

Deltoid Stretch:

Standing with feet apart, keeping shoulders square

Pull arm across body with other arm

Should feel stretch from shoulder to outer arm



Triceps Stretch:

Standing with shoulder flexed up to near your ear.

Bend elbow so hand rests between shoulder blades.

Apply pressure on elbow with opposite hand, until feel stretch.

Should feel stretch down back of arm from shoulder to elbow



These stretches should be used in conjunction with an active warm up, and as a cool down after cycling. Hold each stretch for at least 30 seconds. Repeat at least once.

Disclaimer: Please discontinue stretches if you experience any pain or discomfort with the stretches. The stretches are a guide only and do not substitute professional health advice. For further queries and to speak to one of our Biomechanics practitioners please contact the Director Sportif ianwee@pihc.com.au or on 92405266 / 93648626

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Cycling Passive Stretches for Cyclists



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Passive Stretches for Injury Prevention

Following a review of the literature and a survey of the Perth Integrated Health Cycling Group, it was established the most common injuries occurring in cyclists are low back pain, knee pain, shoulder pain, calf tightness and neck pain. This brochure includes the most up-to-date passive stretching techniques that can be used to relieve and treat some of these problems. However, it is important to note that although stretching is a very significant part of the injury prevention process, there are many other factors which will also contribute, such as bike ergonomics, underlying neuromuscular conditions etc.

Approximately 84% of cyclists have experienced low back pain. The following stretches can help to prevent this:

Low Back Stretch:

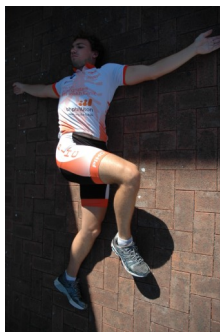
Lying on ground

Bend up one knee

Rotate it across body until knee touches floor

Keep shoulders on ground

Should feel a gentle stretch in lower back



Gluteal Stretch:

Sitting on floor

Bend leg you are stretching up in front

Place the heel of the leg you are stretching over other thigh

Pull bent knee to your chest, while keeping both buttocks on the ground

Should feel stretch in buttocks

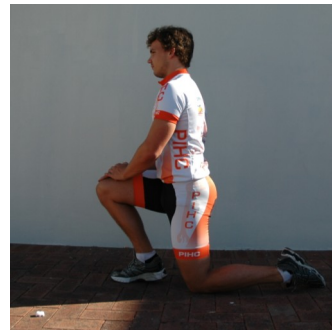


Hip Flexor Stretch:

Lunge position with one knee on the ground

Keep trunk up right and pelvis tilted up

Lean forward by flexing opposite knee
Should feel stretch down the front of your hip



Hamstring Stretch:

Standing upright with one foot planted on the floor toes pointing forward

Other foot placed in front with heel on ground, toes pointing towards ceiling

Keeping both knees straight

Flex hip until feel stretch down back of thigh



Approximately 75% have experienced some form of knee problems and the following stretches can help prevent these:

Quadriceps Stretch:

Standing one hand on bike

Bend up knee and hold with free hand

Contract abdominal muscles to keep pelvis in neutral

Should feel stretch down front of thigh



ITB Stretch:

Standing one hand holding bike

Put the leg furthest from the bike behind the other, keeping it straight

Side flex towards the bike with your far arm reaching above your head

Should feel a stretch down the side of your far leg



Calf Stretches:

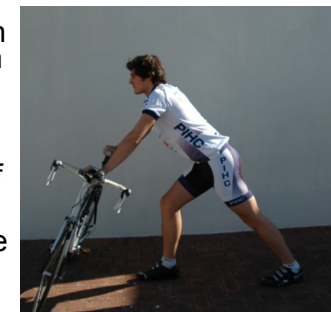
Position one foot in front of the other in stride stance

Lean forward until feel stretch down the back of the calf of your back leg

Rest hands on bike for balance

Do this with your knee straight

And with your knee bent



Approximately 75% have experienced some form of neck pain and the following stretches may help to prevent this:

Levator Scapulae Stretch:

Standing feet shoulder width apart

Look down towards opposite arm pit

Apply slight over pressure with the near hand

Should feel stretch down opposite side of neck to the top of the shoulder blade

