

*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 please contact an Occupational Therapist at Perth Integrated Health Clinic on 9240 5266 or for more information please contact Cycling Coordinator Danae Beard: [danae@pihc.com.au](mailto:danae@pihc.com.au).

# Perth Integrated Health Clinic

## Main Clinic

PIHC Northern Districts

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## PIHC Performance Enhancement Clinic

Melville Aquatic Fitness Centre

Marmion Street, Booragoon

Phone: 9364 8626

[www.pihc.com.au](http://www.pihc.com.au)

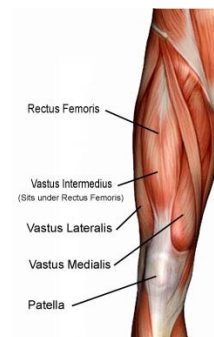


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# Perth Integrated Health Clinic

## Cycling Passive Stretches for Cyclists



**PIHC Professionals—the official health practitioners for Cycling WA state teams**

**Cycle Course—Cycling WA Cycle Skills endorsed**

## Passive Stretches for Injury Prevention

Following a review of the literature and a survey of the PIHC 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 pamphlet 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 set-up, body type 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



### Adductor Stretch:

Sitting on floor with your legs bent and feet together  
Place hands on feet and push knees to the floor with your elbows  
Should feel stretch in your inner thigh/ groin area

### 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

