Minimisation of cycling discomfort, optimisations for technique
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Common injuries amongst cyclists are pins & needles in the hands and feet, stiff and sore neck and back muscles, headaches, nerve irritation and entrapment as well as various forms of tendon and joint irritation around the hips and knees. Consequently the cyclist assumes an incorrect posture, performs sub-optimally, fatigues prematurely and becomes disheartened.

Frequently, the cyclist is set-up by the bike store. This involves biomechanics & experiential wisdom. However, many movement dysfunctions can improve ‘bike fit’ after treatment with physiotherapy. Together with your bike store we can optimize and customize you.

At Back in Business Physiotherapy we take a holistic approach. We analyze the rider for pain-provoking features such as low back-pelvic-hip asymmetries as a result of muscle imbalance. Importantly, the neck is also assessed as this can provoke headaches as well as affect oculo-motor reflexes which have strong influences on posture and breathing.

The ribcage is assessed for flexibility as this biomechanical feature influences breathing as well as shoulder blade positioning and stability which are important aspects of neck and back function. Moreover, the rib movements have a direct influence on the ganglia of the sympathetic nervous system which in turn controls blood flow and muscle tension. Finally, lateral movement of the diaphragm as well as elongation through the upper neck directly influence hip flexor relaxation rates as well as improve abdominal blood flow. Additionally, this lateral diaphragmatic movement determines pelvic floor muscular recruitment patterns. Incorrect recruitment of the pelvic floor can lead to incontinence, back pain and sexual dysfunction.

Through this extensive examination, a multi-modal treatment approach will be designed. Treatment may include muscle energy techniques, dry needling, myofascial releases, joint mobilizations and manipulations, taping, and neural mobilizations. To complement these ‘hands on’ techniques, a self management program of exercises for flexibility and stability will be designed to act as a self-assessment monitoring tool. Hereby we are able to help you to optimize cycling power, endurance and comfort.