



CYCLING STRENGTH AND CONDITIONING FOR INJURY PREVENTION

The British Cycling team has been incredibly successful in recent years and this has resulted in a huge rise in cycling participation in the UK. This includes commuting, recreational and competitive cycling. Injuries can affect all cyclists, whether they are beginners or advanced competitive cyclists.

Strength and conditioning is becoming a key part of cycling training for injury prevention and exercise performance. A review of the literature by Lauersen et al. (2013) found that 'strength training reduced sports injuries to less than a third and overuse injuries could be almost halved'. Sunde et al. (2010) found that strength training improved cycling economy and efficiency.

Lunges

Stand up straight then step forward. Bend front knee until thigh is parallel with the floor then return to a standing position. Repeat with the opposite leg. Perform each 5-10 times.



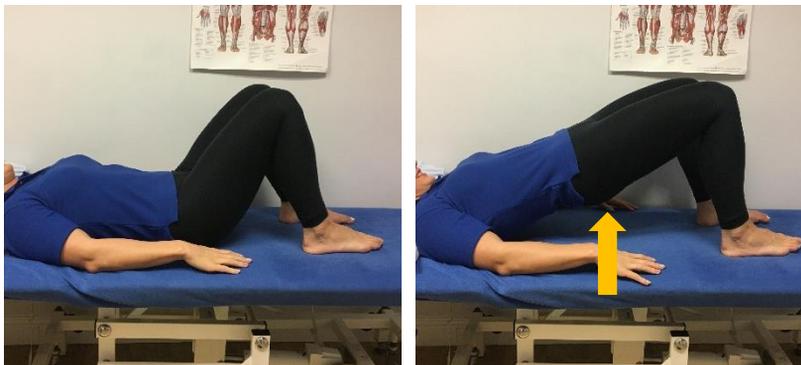
Step-Up

Stand at the step, place one foot up on to the step, lift yourself up then lower slowly. Repeat with other foot leading. Perform each 5-10 times.



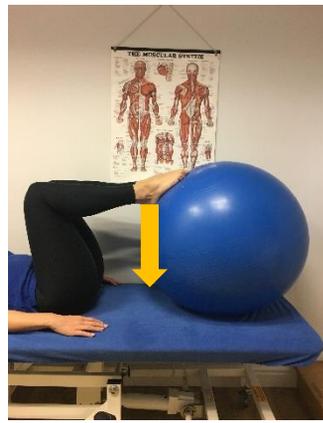
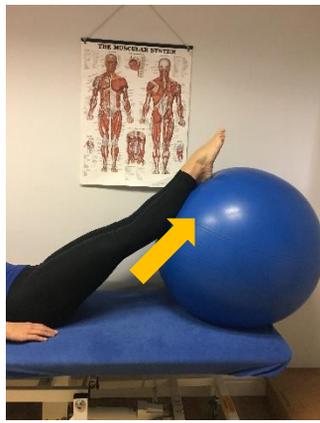
Bridging

Lay on your back with your knees bent, lift your bottom off the bed as high as you can, hold for a couple of seconds then slowly lower back down onto the bed. Repeat 10 times.



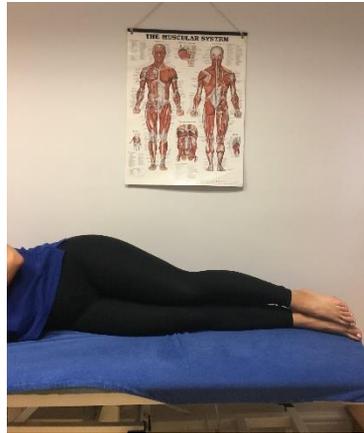
Hamstring Curls

Lay on your back, place your feet onto a gym ball with knees at 90 degrees, push your legs straight. Slowly return your knees back to 90 degrees. Repeat 15 times.



Side Lying Hip Abduction

Lay on your side with your legs straight, slowly lift as far as comfortable, then slowly lower back to the bed. Repeat 10 times.



Remember that doing the exercises little and often helps to improve the 'muscle memory' and consistency is the key here. Enjoy the ride!

Whether you are a serious competitive rider or just like to cycle for fun, your position on the bike is very important. As Phil Burt, physiotherapist and author of the book 'Bike Fit' says "Finding your optimum position on the bike is fundamental for performance, for comfort and to avoid injuries."



Reference
Lauersen J.B., Bertelsen D.M., Andersen L.B. The effectiveness of exercise interventions to prevent sports injuries: a systematic review and meta-analysis of randomised controlled trials. *British Journal of Sports Medicine*: 2014; 48: 871-877
Sunde A., Støren O., Bjerkaas M., Larsen M.H., Hohh J., Helgerud J. Maximal strength training improves cycling economy in competitive cyclists. *Journal of Strength and Conditioning Research*: Aug 2010; 24 (8): 2157-65



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