

Cycling is Better Than Golf

Health Benefits of Cycling

- Apply to commuters and social racers:
 - o Improved cardiovascular fitness and risk profile
 - o Reduced all cause mortality and cancer mortality/morbidity
 - o Health benefits increased with greater duration/intensity of activity
 - o Fits well with the idea of limiting sedentary activities to 23 and a half hours per day:
 - <http://www.youtube.com/watch?v=aUaInS6HIGo>
- Low impact activity:
 - o Used in rehabilitation of lower limb MSK issues
 - o Often recommend stationary trainer/exercycle – improved access/safety
- Repetitive motion – ensure appropriate setup to minimise risk of overuse injuries
- Risk of conflict with other road users:
 - o Need skills/instruction on safe cycling on the road
 - o Make use of cycleways/mountain bike parks
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Cycling Disciplines

- Road
 - o Medical Issues:
 - Anterior knee pain
 - Low back and neck pain
 - Upper limb nerve entrapment – ulna nerve palsy
- Mountain and BMX:
 - o Medical Issues:
 - Low back pain
 - Acute trauma – clavicle/AC joint
- Time Trial/Track:
 - o Medical Issues:
 - Low back and neck pain
 - Iliac artery compression

Road bike set-up

- Safe – can dismount
- Comfortable
- Seat – different widths for ischial tuberosities – shops with measuring pad/test saddles
- Seat height – Lemond method = $0.88 \times \text{inseam}$ to equal centre bottom bracket to seat top (in line with seat tube). Also heel on pedal with level pelvis – aim for 25-30degree knee flexion
- Seat inclination – 10-15 degrees tilted forward may reduce LBP
- Seat fore-aft – plumb line from tibial tuberosity to bisect/behind pedal axis
- Reach – in drops with bent elbows, knees almost touch, bar obscures front wheel hub
- Cranks – short or tall may require alteration
- Pedals – cleat right back – reduced calf stress (reduced lever length)
- Pedals – cleat traditionally set for head 1st MT over pedal axis

Limitations to consider

- Rider flexibility and musculoskeletal issues:
 - o Eg intermittent low back pain sufferer better with more upright posture
- Rider asymmetry:
 - o May require wedge to balance lower limbs
- Previous experience

Technique

- Smooth circles
- Hip/knee/foot in line throughout
- Stable pelvis
- Slight thoracic kyphosis
- Slight cervical lordosis

Safety on the road

- Act like a car at intersections!!
- Obey road rules
- Watch all traffic – moving and parked; passengers in parked cars
- Kind words to offending motorists (and cyclists)
- Consider adult learn to cycle programmes
- Join a group/club
- Bike maintained for road worthiness