

# Prevention of Cycling Injuries

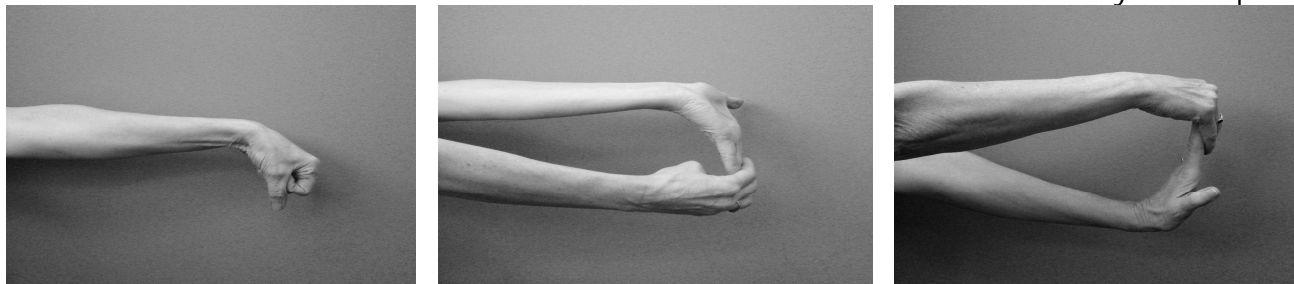
## Long Distance Road Cycling

1. The position of your hands during distance cycling is extremely important.

Keeping your hands in one position for greater than 5 minutes can cause several problems, especially if you have pre-existing conditions such as Osteoarthritis, Tendonitis, or Carpal Tunnel Syndrome. Keeping your hands in a constant grip position can compromise circulation and cause compression on nerves and joints along with undue stress on tendons and ligaments. All this can lead to inflammation and serious hand injury. The key to minimizing the risk of any hand condition while cycling is movement, movement, movement. Maintain good posture, use proper gear, change your hand position regularly and perform hand stretches before you ride and during water breaks.

2. Here are a couple of good, quick stretches that you can do to counteract the force and tension placed on the hands and arms when cycling long distances:

Perform each exercise 5 times and hold the stretch for 5-10 seconds at every rest stop.



3. Achieve the proper fit with your bike to promote good posture. It would be wise to have your local Bike dealer assess your bike for proper fit.

- Handlebars that are too low cause excessive leaning and increased pressure on the nerves in the hand. Consider using Aerobars (aerodynamically designed) to take the pressure off your wrist and hands.
- If the saddle/ seat angle is too low in front, the rider will slide forward increasing pressure on the shoulders.
- While cycling, your back should be slightly arched out to minimize stress on the spine. Your shoulders should be kept in line with your body, so that the chest muscles carry most of the weight of your upper body.
- Your elbows should be slightly bent and not locked in extension and your wrists should be kept in a neutral position or in line with your forearm.

4. Wear Bike gloves to absorb the compression to the palm.

\* Please don't hesitate to contact us if you have questions \*