



IMG PHYSICAL THERAPY

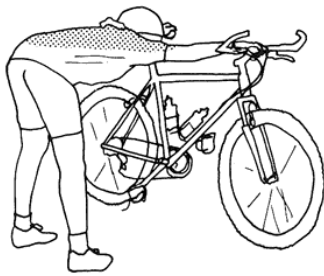
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Return to Biking Program

So, you're finally ready to get back to biking after your injury. Here are recommendations your PT at IMGPT has prepared for you which includes proper stretching, bike fit, biking posture, and progression for making it a comfortable and safe transition, while minimizing your risk for re-injury. If at any point in time you feel sharp pain, stop the program and consult your PT.

Stretching

Stretching helps to reduce tightness and strain in your neck, back, shoulders, arms and legs so you can ride longer with less fatigue, and recover faster with post-ride stretches. You should do a light warm up of walking or jogging for 5-10 minutes before stretching, and follow your bike ride with these stretches. Hold each stretch for 30 seconds.



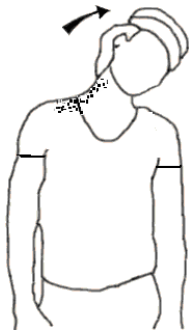
Back Stretch

Place your hands on your bicycle saddle and handlebars, and your feet shoulder width apart. Step back away from your bicycle and bend forward until a stretch is felt in the mid-back.



Back Extension Stretch

Place your palms on your lower back with finger pointing down. Pull your elbows back & press gently with your hands as you arch your back until a stretch is felt in your lower back and across your chest.



Neck Side-bend Stretch

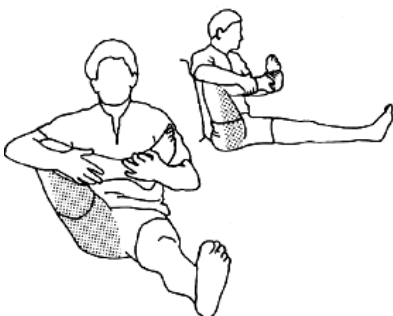
Keeping your shoulders down & level, and your face forward, bend your head so your ear goes towards your shoulder and stretch is felt along the side of your neck.

Repeat to other side.



Neck Flexion Stretch

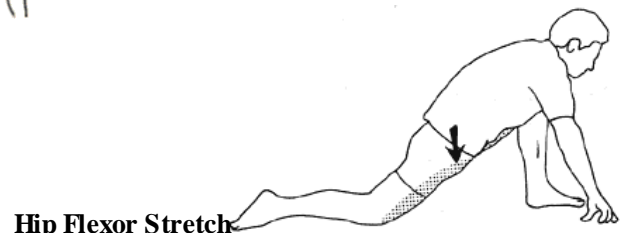
Bend your head forward as if to touch your chin to your chest until a stretch is felt along the back of the neck.



Seated Gluteus Maximus Stretch

Lift and rotate your right leg and grab behind your left knee with your hands and slowly pull your legs up towards your shoulders. You will feel a stretch in your right hip.

Repeat on other leg.



Hip Flexor Stretch

Slowly push pelvis downward while slightly arching back until a stretch is felt on the front of the hip.

Repeat on other leg.



Standing Hamstring Stretch

Place foot on stool or bench. Slowly lean forward reaching down shin until a stretch is felt in the back of the thigh.

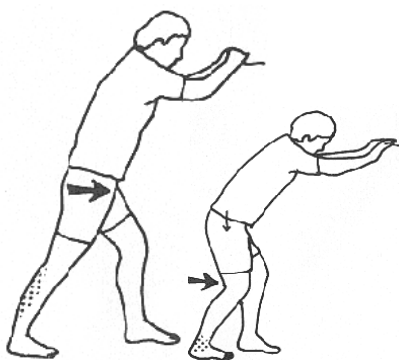
Repeat on other leg.



Standing Quadriceps Stretch

Pull heel to buttock keeping the knees in-line with each other until a stretch is felt in the front of the thigh.

Repeat on other leg.

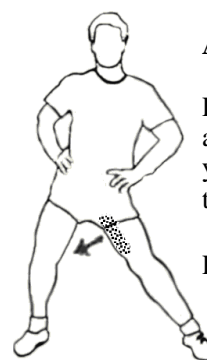


Gastroc / Soleus Stretch

Keeping back leg straight, with heel on floor, lean into the wall until a stretch is felt in the calf. Hold 30 seconds.

Now, slightly bend the back leg until a stretch is felt in the lower calf. Hold 30 seconds.

Repeat on other leg.



Adductor (Groin) Stretch

Place feet in straddle position and lean towards one foot until you feel a stretch on the inner thigh & groin.

Repeat in other direction.



Posterior Shoulder Stretch

Grab your opposite elbow and pull the arm across your chest until a stretch is felt along the top and back of shoulder.

Repeat on other arm.



Triceps Stretch

Hold on to your opposite elbow and pull the arm up and then behind the head until a stretch is felt in the back of the arm.

Repeat on other arm.

Bike fit

Whether you are a serious bicyclist or a recreational rider, you and your bike should fit well together. A proper bike fit increases efficiency and helps prevent pain or injury. The most common bike fit errors include saddle heights that are either too high or too low, handlebar reach that is either too long or too short, or misalignments of the pedal, shoe, and knee.

The table below describes some common pains associated with bicycling and their possible equipment, as well as rider-related causes. Adjustments to your bike fit should be made according to the symptoms that lead to your injury.

Common Bicycling Pains	Possible Causes
Anterior (Front) Knee Pain	<ul style="list-style-type: none"> • Saddle that is too low • Pedaling at a low cadence (speed) • Using your quadriceps muscles too much in pedaling • Misaligned bicycle cleat for those who use clip-less pedals • Muscle imbalance: strong quadriceps and weak hamstrings
Neck Pain	<ul style="list-style-type: none"> • Poor handlebar or saddle position. • Handlebar might be too low, long, or short a reach. • A saddle with excessive downward tilt
Lower Back Pain	<ul style="list-style-type: none"> • Inflexible hamstrings • Low cadence • Using your quadriceps muscles too much in pedaling • Poor back strength • Too-long or too-low handlebars.
Hamstring Tendonitis	<ul style="list-style-type: none"> • Inflexible hamstrings or poor strength • High saddle • Misaligned bicycle cleat
Hand Numbness or Pain	<ul style="list-style-type: none"> • Short-reach handlebars • Poorly placed brake levers • Downward tilt of the saddle
Foot Numbness or Pain	<ul style="list-style-type: none"> • Using quadriceps muscles too much in pedaling • Low cadence • Faulty foot mechanics • Misaligned bicycle cleat for those who use clip-less pedals
Ilio-Tibial Band Tendonitis	<ul style="list-style-type: none"> • Too-high saddle • Leg length difference • Misaligned bicycle cleat for those who use clip-less pedals.

If adjustments and equipment changes need to be made to your bicycle, consider taking it to your local bicycle dealer if you need assistance. Bicycle accessories available from bicycle dealers—such as softer handlebar tape, shock absorbers for the seat post and front fork, cut-out saddles, and wider tires—can help make your bicycle even more comfortable after the proper fit is achieved.

Postural Tips

- Change hand position on the handlebars frequently for upper body comfort.
- Keep a controlled but relaxed grip of the handlebars.
- When pedaling, your knee should be slightly bent at the bottom of the pedal stroke.
- Avoid rocking your hips while pedaling.

Progression

Recreational Progression:

- Choose a good easy road or a level bike path.
- Focus on pedaling in a gear that allows you to comfortably pedal 80-90 cycles per minute.
- Stay seated in the saddle to minimize stresses on the knee.
- Start with an easy ride equal to half the distance and/or time you were able to do before your injury. Increase your distance or time by 10% each week as long as no pain or symptoms are present. For example, prior to you to your injury and rehab you were able to ride comfortably for 40 min., so each ride your 1st week should = 20 min., 2nd week = 22 min., 3rd week = 24, etc. Contact your PT at IMGPT (610-944-8140) if you notice pain or symptoms & they do not resolve with decreasing the length or duration of the program.

Competitive Progression:

Example: Midseason competitive road biking recovery program after a six-week break:

- 1st-2nd weeks: recovery rides, or until you can ride several days in a row with no fatigue.
- 3rd-5th weeks: endurance pace work, gradually building in time, until you can strongly complete the length of your average road race three times within one week.
- 6th-7th weeks: moderate intensity work, until you can strongly complete the length of your average criterium at tempo pace twice during the week.
- 8th-9th weeks: hard intensity work, until you can strongly complete intervals totaling 30 minutes during one session.
- 10th week: race simulation. Do one or two days of tough group riding before racing.