



Cycling Injuries and Prevention Tips:

Low Back Pain

Cycling is a great low impact exercise to help you stay fit. However, it is a repetitive sport with the average of up to 5,400 revolutions per hour. Causes of overuse injuries are numerous and multi-factorial, including muscle imbalances (weakness, inflexibility, leg length discrepancies), improper bike fit, training errors, and inappropriate pedaling mechanics. Research indicates that the incidence of cycling overuse injuries will affect approximately 80 percent of recreational cyclists.

Bike fit and long hours in a riding position can lead to lower back pain during cycling. Possible causes of lower back pain are inflexible hamstrings or muscles of the lower back. Poor back, abdominal, and muscles surrounding the pelvis lead to poor body mechanics while on the bike. Because the spinal column inserts into the pelvic bone, having weak muscles can prevent cyclists from generating the kind of power from the core needed to sustain long efforts in riding positions. This can lead to pain in the lower back by forcing supporting muscles to compensate for the weakness of others. Strengthening the core will help cyclists to maintain these riding positions for longer periods of time while also increasing balance and power. Pedaling with too low a cadence uses the quadriceps too much and contributes to back pain. Handlebars that are too low or too long effect back positioning and therefore pain. A physical therapist can help you with appropriate bike set up and determining if muscle imbalances or weakness exists.



Advantage Rehab
307-587-9866

1819 Sheridan Avenue Cody, WY 433 West Coulter Powell, WY