

Do Not Do Cycling with Poor Form Part 2

Hands, Knees, Feet, etc.

Indoor cycling using a spinning bike is a widely popular and typically safe method of working out. However, as with all forms of exercise, injuries may arise, particularly with overuse, improper use or form, and/or improper bicycle fit or cycling gear.

Besides injuries to the Neck and Back there are also issues with the hands, buttocks, knees., and foot. SEE BELOW FOR GREAT PREVENTATIVE TIPS.

DON'T DO THAT
Exercise and Training
Techniques that you should
not do

Handlebar palsy is also known as Guyon's canal/tunnel syndrome, cyclist's palsy, and ulnar neuropathy can happen from cycling. Typical sign is numbness. **The simplest treatment is to intermittently change hand positions and thus take pressure off the nerve.** If signs/symptoms persist for a prolonged period (eg, more than a few minutes), affected individuals should seek medical evaluation. The following adjustments may help: Raise the handlebar position, and move the saddle (seat) back. Ensure the saddle is level, not tilted down. Wear cycling gloves, or add padding to the handlebars. Change the bicycle to one with an upright style

Bicycle seat neuropathy (nerve compression) is a very common condition in cyclists. Preventive measures include: **Adjustment of the bicycle seat and bicycle position (eg, tilting the nose of the seat down or lowering the seat height to relieve pressure off the perineum).** Changing the style of riding, such as periodically standing up from the seat and making other positional changes, and/or changing the saddle. The saddle should be level. Recent studies have shown some promise in decreasing perineal numbness in seats with "no nose" (the narrow portion of the saddle).

Patellofemoral pain syndrome (PFPS), or cyclist's knee, is an overuse condition caused by repetitive friction between the kneecap and the thigh bone. Preventive measures: **Ensure the saddle is not too low,** Raise the seat or move the seat back to decrease the amount of knee flexion Use shorter length crankshafts. Ride in smaller (lower) gears with a higher cadence. Perform muscle-strengthening exercises.

Burning and tingling in the feet (metatarsals, "hot foot" syndrome, foot numbness) are frequent complaints of cyclists. **Causation: pressure between the foot and the pedal, wearing shoes that are too tight, and improper positioning of the bicycle cleats.** Usually, temporarily taking the foot off the pedal and shaking it will allow the symptoms to resolve. Placing a metatarsal pad on the insole of the shoe may relieve the pressure on the nerve. Preventive measures: reducing the intensity of the workout, changing the shoes to a larger size or with a different stiffness of the sole, moving the cleats back, lowering the saddle, and/or changing to a different pedal type.