



## Mountain Biking, Cycling, Triathlon

### **Warm up**

Before doing anything, ensure that you have warmed up your muscles. Slowly ride your bike for 5 -10 minutes or until you begin to sweat. Complete the following stretches before you compete in the event.

### **Calves stretch**

Stand next to your bike, holding it by the handlebars with one hand and seat with the other. Place right foot in front, extending left leg straight out behind you. Slowly lean towards bike. Hold this stretch for 15 to 30 seconds. Now switch sides, and repeat with the other leg in front.



### **Shoulder/Triceps Stretch**

Now, you can go ahead and straddle the bike. Hold up your right arm, and with your left hand, grab the back of your right elbow. Now pull the elbow gently backwards to stretch your triceps and hold. Next, switch arms. On a bumpy ride, your arms will thank you.



## **Shoulder/Neck Stretch**

Shrug your shoulders and roll them back to stretch. Relax your shoulders and tilt your head to one side stretching your neck muscles. Now tilt your head to the other side.



Once your body temperature has increased and you have performed the proper stretches, slowly ride your bike around the track for 5 to 10 minutes to finish your warm up.

## **Traumatic Injuries**

Unfortunately, crashes are common in off-road bicycling. More than 80% of 650 mountain bikers who participated in surveys were injured in off-road crashes during a 1-year period. However, many of those injuries were minor and self-treated. The shoulder is particularly vulnerable to injury. Clavicle fractures and acromioclavicular separations commonly occur when a cyclist falls and lands on the shoulder.

### **Prevention**

- Bicycle maintenance
- Improve bike-handling skills
- Helmet use is clearly effective in decreasing head injuries.
- Concentration

## **Overuse Injuries**

Mountain bikers can suffer from overuse injuries just like most other sports. 30% had recently experienced knee pain associated with mountain biking, and 37% reported low-back pain while riding; wrist pain and hand numbness were each reported by 19%.

### **Treatment/Prevention.**

- Establish a basic level of conditioning at the beginning of the season before increasing their mileage, hill climbing, or intensity.
- The injured off-road cyclist should temporarily decreasing mileage and hill climbing and emphasizing low-resistance easy pedaling. As symptoms subside, the cyclist can gradually increase the amount and level of riding.
- Correcting the rider's position by adjusting the saddle, the pedals, handle bars, or the front suspension
- Ensure proper warm up, conditioning, stretching, and cool down is performed.