



TOUR De FRANCE FEVER
CYCLING CYCLING CYCLING

OPTIMIZE BIKE SET UP

Saddle Position : 2 factors are important

Saddle tilt: generally a horizontal seat facilitates good position.

Seat height:: pedal at the bottom of the stroke (six o'clock position), you can rest the heel on the pedal while sitting. The knee is adjusted so that the knee is bent between zero and 15 degrees.

Foot Position: Whether using cleats or toe straps, ensure the heel is neither rotating too far — in or out — which in turn varies the knee position. An ideal position is such that the heel is kept in line with the lower leg through a whole pedal stroke.

Gear Choice: riding in too high a gear. The optimal cadence for cycling is about 90 revolutions per minute.

Optimize Biomechanics : leg length discrepancy, a wide pelvis, tibial rotation, and leg inflexibility. These factors would be identified by your physio on assessment.



With Tour fever upon us we have had many requests regarding preventing common cycling injuries .

The most common cycling injury!

Due to the repetitive nature of cycling ,cyclists are more likely to experience iliotibial band (ITB) friction syndrome. The smallest amount of malalignment, whether anatomical or equipment related, can lead to dysfunction, impaired performance and pain.

Physiotherapy Management

- ◆ Accurate assessment
- ◆ Manual therapy
- ◆ Stretches
- ◆ Strengthening

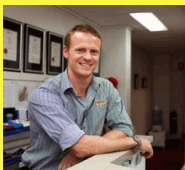


In May 2012 our everyday hero Lynda rode from Mt Isa to Tennant Creek to raise funds for the MS Society. Lynda raised over \$5000. This will go towards purchasing a motorised wheelchair.

Further donations can be made to
Donations to http://everydayhero.com.au/lynda_jones



David Rose



Jordan Chapman



Jean Munday



Mary Cox



Lynda Jones



Callum Miller



Greg Stewart



Kathryn Bell