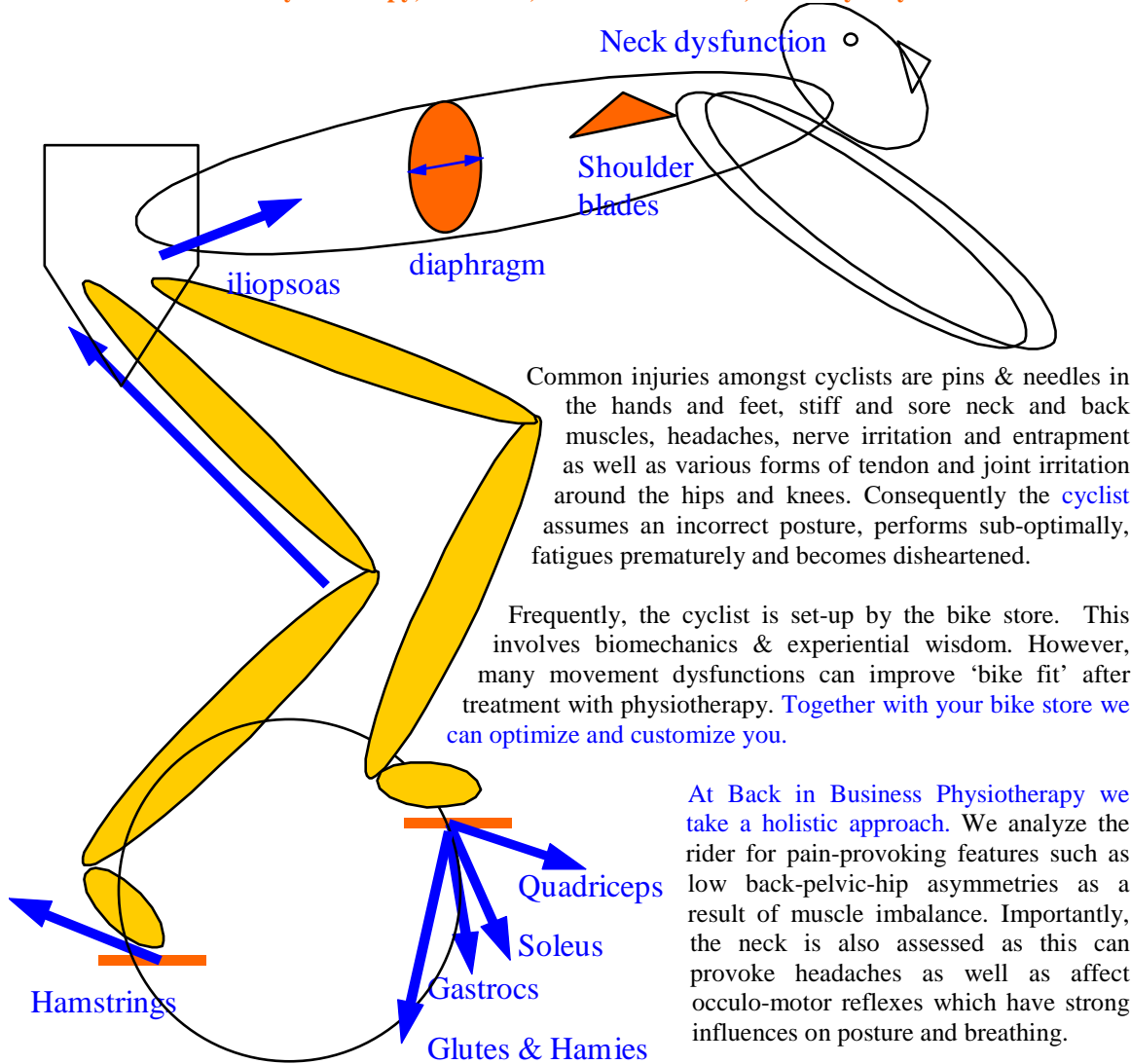


Minimisation of cycling discomfort, optimisations for technique

Back in Business Physiotherapy, Suite 705, 107 Walker Street, North Sydney. Tel 9922 6806



The ribcage is assessed for flexibility as this biomechanical feature influences breathing as well as shoulder blade positioning and stability which are important aspects of neck and back function. Moreover, the rib movements have a direct influence on the ganglia of the sympathetic nervous system which in turn controls blood flow and muscle tension. Finally, lateral movement of the diaphragm as well as elongation through the upper neck directly influence hip flexor relaxation rates as well as improve abdominal blood flow. Additionally, this lateral diaphragmatic movement determines pelvic floor muscular recruitment patterns. Incorrect recruitment of the pelvic floor can lead to incontinence, back pain and sexual dysfunction.

Through this extensive examination, a multi-modal treatment approach will be designed. Treatment may include muscle energy techniques, dry needling, myofascial releases, joint mobilizations and manipulations, taping, and neural mobilizations. To complement these 'hands on' techniques, a self management program of exercises for flexibility and stability will be designed to act as a self-assessment monitoring tool. Hereby we are able to help you to optimize cycling power, endurance and comfort.

http://www.back-in-business-physiotherapy.com/cycling_kinematics.php