

# PODIATRY AND CYCLING



The key to optimal performance when cycling is efficiency of the lower limbs in their ability to generate power and transfer this power to the mechanics of the bike. This is best achieved when the lower limbs and their bones, joints and muscles work together in unison with the perfect alignment. When this alignment is not of an optimal nature then peak performance is hindered and the risk of injury within the ankle, lower leg, knee, foot, thigh or hip increases. For peak performance, risk prevention and injury management ensure you book with our mhealth Podiatrist today! Mhealth works closely with the team at Bicycle Superstore Mentone who are experts in all things cycling including properly assessing and fitting your cycling set up.

## What to look out for with cycling

The requirement of the lower limb mechanics to work in harmony to produce maximal power and performance is integral to peak performance. However with training loads, set up errors and lower limb restrictions even the best riders are at significant risk of injury, such as those outlined below.

- **Knee pain** – this can be caused by extrinsic factors such as incorrect cleat positioning/set up and float allowance as well as incorrect seat height. Intrinsic factors such as history of trauma, muscle weakness, joint problems and alignment issues also play a major role in knee pain and injury
- **Hip pain** – similar to knee pain, incorrect set up of your bike and excess training load combined with intrinsic factors like muscle weakness and malalignment place the hip at risk of developing significant debilitating injuries such as bursitis, joint deterioration and arthritis.
- **Ankle aches /Achilles tendonitis** - a common site for overuse injuries in many sports especially cycling given the forces it is required to push and pull. Here improper pedaling set up, incorrect training and recovery often see the ankle structures and Achilles flair up with the typical signs of inflammation. Please see below for advice on management.
- **Forefoot numbness/tingling/pain**- a lot of pressure is placed on the forefoot of both feet when cycling given the setup of the rigid shoes and cleat position which are essential in the process of generating/transferring maximal power. The tightness of the shoes causes compression and can cause numbness or tingling and the pressure placed on the joints of the forefoot can cause overloading and inflammation of joints and structures that are not prepared to handle such strain.

*If any of the above concerns present, along with any presence of swelling, redness, fatigue, clicking, numbness, tingling and pain seek expert advice from the team of podiatrists and physiotherapists at mhealth immediately.*

## Orthotics

Orthotics can help in giving you that edge required to achieve the peak performance you desire. If you have any concerns with your foot posture, lower limb mechanics or a history of injury book with our podiatrist today for an assessment. Our mhealth podiatrists along with our partnership orthotic laboratory Orthotech are experts in producing orthotics to help manage any problems past or present and ensure peak performance of the lower limbs when cycling.

**We ensure this through:**

- 3D scanning 100% customised designs and fit
  - ▶ Providing maximum comfort
- Expert knowledge and experience
  - ▶ Providing patient specific correction and contour to ensure optimal function
- Latest materials
  - ▶ Such as light weight, easy to fit ultra-thin & responsive carbon fiber.

## Footwear

There are many variables to be taken into account when choosing the right cycling shoe such as the type of cycling you are doing like racing, triathlons, cross training or mountain biking. You need to think about the correct fastening systems, soles, flexibility/rigidity, cleat style, fit and materials.

**For best outcomes seek advice from the friendly team at the Bicycle Superstore or book an appointment with your mhealth Podiatrist today!**

## ▶ TIPS:

- Warm up properly and manage your training load sensibly to avoid injury
- Wear the correct shoes
- Make sure the bike is fitted correctly for you and your needs
- Seek expert podiatric advice to avoid injury and ensure peak performance

