

On your bike? How well are you cycling?



Your chiropractor knows how to help you achieve peak performance

Cycling is a great sport and a terrific way to exercise and stay fit. But, as with any form of repetitive exercise, it can put severe demands on your body, through such problems as:

- Headaches and neck strain due to lifting head while riding
- Pelvic and hip problems due to incorrect frame size and/or set positioning
- Soft tissue injuries typical of repetitive activity
- Problems due to hill riding, excessive sprinting, riding in too high a gear
- Upper back strain through hunching while riding
- Elbow strain and wrist injuries through weight-bearing stresses
- Leg and calf muscle cramps, usually due to incorrect hydration and nutrition

Chiropractic is excellent in caring for musculoskeletal conditions experienced by cyclists. As the world's largest non-surgical, non-drug prescribing health care profession, chiropractic focuses on the location, correction and prevention of impairments to the nervous system.

These occur when the spine's bones misalign and get stuck, putting unnecessary strain on the body's nerves; cyclists with impairments risk reduced performance with greater possibility of injury. Little wonder that chiropractic...

'... has become increasingly popular in cycling, especially professional cycling because of its functional ability on many levels... Cycling in particular is a sport where fine tuning is paramount and can often be obliterated by various things such as overworking, postural instability, or the odd crash or two.'*

It's a matter of record that chiropractic is extremely safe. Chiropractors are highly qualified health professionals who have completed a 5-year university degree and continue to update their knowledge through further education.

If you suffer from a recurring cycling injury or simply want to reach your potential, it's time to discover how much help your chiropractor can offer.

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* Stapleton, D., & Chow, B. (2006, November/December). Innate Intelligence. Bicycling Australia, p.67.