

Cycling Overuse Injuries and Bike Adjustment:

| Injury | Bike Adjustment |
|--|--|
| Plantar Fasciitis (Heel Pain) | <ul style="list-style-type: none"> ➤ Raise saddle ➤ Use stiff new biking shoe with rigid sole or shank. |
| Patella tendonitis Patellofemoral Pain Quadriceps Tendonitis | <ul style="list-style-type: none"> ➤ Raise saddle ➤ Get larger bike frame. ➤ Move saddle back in bike. |
| Iliotibial Band Syndrome | <ul style="list-style-type: none"> ➤ Adjust cleats to neutral or slight external rotation. Pointed outwards. ➤ Move saddle forward. ➤ Lower saddle for proper knee flexion. (30-35 degrees) |
| Achilles Tendonitis | <ul style="list-style-type: none"> ➤ Move foot forward on pedal. (Move cleat backwards on shoe. ➤ Raise saddle. ➤ Add slight heel pad / lift to cycling shoe. |
| Hamstring Tendonitis | <ul style="list-style-type: none"> ➤ Move saddle forward ➤ Lower saddle. ➤ Adjust your cycling cleats to match natural leg alignment. |