



**HEAL YOUR CYCLING  
INJURIES WITH  
PHYSICAL THERAPY  
AND GET BACK ON THE  
BIKE THIS SPRING  
— PAIN FREE!**



## *See Inside*

**BIKE FITTING –  
HOW DOES IT HELP?**

***DETAILS INSIDE***

- *Bike Fitting*
- *Exercise Essentials*
- *Patient Success Story*

NO DOCTOR REFERRAL  
NECESSARY TO SEEK  
PHYSICAL THERAPY  
DETAILS INSIDE



## HEAL YOUR CYCLING INJURIES WITH PHYSICAL THERAPY!

Have you been waiting all winter to get back on your bike? Now that it's finally spring, it's time to engage in all your favorite warm-weather activities!

However, if you're struggling with an injury or chronic pain condition, you might be wondering if you'll be able to take advantage of everything this season has to offer.

That's where we come in. At Breckenridge Physical Therapy, our physical therapists possess the tools to help you recover from common cycling injuries, including knee, neck, and back pain.

Don't allow pain to keep you from doing what you love. Contact Breckenridge Physical Therapy today to schedule an appointment with one of our physical therapists. We can help ensure you're up and moving this spring.

### COMMON CYCLING INJURIES

You're likely aware that cycling is a repetitive sport, but did you know that the average rider completes up to 5,400 revolutions per hour? This repetitive movement can cause soft tissue breakdown in the legs, pelvis, back, and neck, which leads to pain and difficulty riding.

Overuse injuries and tissue breakdown can have many causes, including muscular imbalances (weakness, inflexibility, leg malalignment, leg length discrepancy), improper bike fit, training error, and inappropriate pedaling mechanics.

At Breckenridge Physical Therapy, our physical therapists have specialized training in cycling mechanics. We are uniquely qualified to evaluate your individual cycling anatomy, biomechanics, and address any associated cycling soft tissue pain. Our team can examine your riding posture, joint mechanics, and determine if your bike's components are optimally adjusted.

Some of the most common injuries our physical therapists treat include:

**KNEE PAIN** — Knee pain in cyclists falls into three categories and is typically associated with inappropriate bike fit or inadequate training.

**Medial pain** is located on the inside of the knee and occurs as a result of overwhelming friction between the knee cap and thigh bone. This type of pain is commonly associated with riding with a seat that is too low or having too slow of a pedaling cadence.

*(Continued inside)*

# HEAL YOUR CYCLING INJURIES WITH PHYSICAL THERAPY!

*(Continued from outside)*

**Lateral pain** occurs on the outside of the knee and is commonly caused by friction of the iliotibial band over the femur bone. This pain may be associated with inappropriate cleat and pedal position, poor position of the bike seat, leg length discrepancy, and/or improper ankle position while riding.

**Anterior pain** is located directly in front of the knee and is due to excessive compression forces between the knee cap and thigh bone. This pain may be associated with a seat that is too low or too far forward.

## LOW BACK AND NECK PAIN

Neck and back pain in cyclists is generally associated with one or more of the following issues:

- Poor posture
- Limited flexibility
- Inadequate postural strength
- Improper frame size and/or excessive crank arm length
- Misaligned cleat position
- Leg length discrepancy
- Seat and handlebar/stem misalignment.

**If you have been experiencing any pain in the areas mentioned above, don't hesitate to reach out to a physical therapist at Breckenridge Physical Therapy. We have the tools to help you recover from your musculoskeletal injury and get you back on your bike in time for spring.**



# BIKE FITTING HOW DOES IT HELP



When you participate in a bike fitting, your bike will be adjusted to fit your unique body. Good bike fits pay attention to the three primary contact points of the bicycle: saddle, pedals, and handlebar.

During your bike fit, your physical therapist will examine your body for any weakness or injuries, and develop a plan to build up your coordination, flexibility, and strength. You will then be prescribed exercises to help you adapt to the demands of bicycling.

The therapists at Breckenridge Physical Therapy have professional training in how to solve the injuries that may occur as a result of biking. We use a holistic approach to bicycle fitting and can offer a complete solution to your cycling pain issues.

## GET MOVING THIS SPRING WITH BRECKENRIDGE PHYSICAL THERAPY!

Our physical therapists are skilled professionals who can assess your pain condition and help you reach your fitness goals. Whether you want to compete in a race or simply ride to work, we can help you reach your desired levels of physical fitness!

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**At our physical therapy clinic, we can help you recover from cycling-related injuries, ensure your bike has a proper fit, and prevent further injuries that may cause you pain. Contact Breckenridge Physical Therapy today to get a jumpstart on biking this spring!**



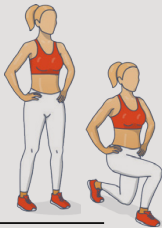
Call Breckenridge Physical Therapy at 970.364.6601, or visit our website at [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com) to schedule your appointment today!

## Exercise Essentials

Try this exercise to strengthen your core and improve lower body strength.

### LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Contact Breckenridge Physical Therapy today at **970.364.6601** for more information!

Give This Coupon To A Friend Or Loved One!

BRECKENRIDGE **BPT** PHYSICAL THERAPY

**Refer a Friend!**

To \_\_\_\_\_

From \_\_\_\_\_

**Do you know anyone that needs our help?**

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active & healthy life

Call us at **970.364.6601** or visit [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com)

## No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!

Save time



Save money



Improve your health naturally

# PATIENT SUCCESS STORIES

## "ELLIE IS THE BOMB.COM!"

Ellie has been a great physical therapist for me! I was getting sent from specialist to specialist for almost a year to address my abdominal pain. Ellie is the BOMB.COM! She has helped me to figure out what is causing my pain and is really helping me to get strong and healthy again! Connie and Logan are also just great! — **James A.**

## HEALTHY RECIPE

### Cilantro Lime Chicken & Avocado Salsa



#### INGREDIENTS

- 1.5 lb. boneless chicken breast
- 1/4 cup lime juice
- 2 tbsp olive oil
- 1/4 cup fresh cilantro
- 1/2 tsp ground cumin
- 1/4 tsp salt

#### For Avocado Salsa:

- 4 avocados, diced
- 1/2 cup fresh cilantro, diced
- 3 tbsp lime juice
- 1/2 tbsp red wine vinegar
- 1/2 tsp red pepper flakes
- 1 garlic clove, minced

**DIRECTIONS** Add 1/4 cup of lime juice, olive oil, 1/4 cup of fresh cilantro, ground cumin, and 1/4 tsp of salt to a small bowl. Whisk until mixed. Add chicken and marinate to a large ziplock bag. Let chicken marinate for at least 15 minutes. Preheat grill to medium-high heat (about 400°F). Place chicken on grill and grill each side for 4-6 minutes, until chicken is no longer pink. Remove and let sit. For avocado salsa: add avocado, 1/2 cup fresh cilantro, 3 tbsp lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix. Top the cilantro lime chicken with the avocado salsa and serve.

HAS YOUR PAIN RETURNED OR A NEW ONE STARTED?

**COME BACK TO PT!**

Contact Breckenridge Physical Therapy today and start living pain-free again!

**970.364.6601**

BRECKENRIDGE



PHYSICAL THERAPY

106 North French St #250  
Breckenridge, CO 80424

***Do You Know Anyone  
That Needs Our Help?  
Refer-A-Friend Today!***

***Call us to schedule an  
appointment today!***

**P : 970.364.6601  
F : 970.453.1960**

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***breckenridgephysicaltherapy.com***

**BIKE FITTING:  
HOW DOES IT HELP**

***DETAILS INSIDE***

