

# Cycling

Sports related warm up and stretching activities for prior to and after the event.



## Upper Trap Stretch

Reach over your head and gently pull your ear towards your shoulder, hold for 30 seconds. Repeat for the other side. This stretch can be repeated 1 to 3 times a day.



## Cervical Extensor Stretch

With both hands behind your head, move your head downward to stretch the muscles in the back of your neck. Don't pull your head down, just use the weight of your arms to assist in the stretch. Hold for 30 seconds. This stretch can be repeated 1 to 3 times a day.



## Doorway Stretch

This is where you put both of your forearms onto the door frame, step through the doorway with one foot and lean forward slowly, stretching out the pectoral muscles. Hold for 30 seconds. This stretch can be repeated 1 to 2 times a day.



## Shoulder Stretch

To stretch out the right shoulder, move your arm across your chest. With your left hand, grab the right arm just above the elbow and slowly pull your arm over to the left side until you feel a good stretch. Hold this stretch for up to 30 seconds. This stretch can be repeated 1 to 2 times a day.



## Quad Stretch

Standing up straight, raise one leg up with your hand towards the buttocks. Keep your leg straight and don't lean forward, stay straight. Hold the stretch for 30 seconds. If your balance isn't that good, hold onto a stable surface to prevent falls.

**BROOKHAVEN**  
NATIONAL LABORATORY

For more information, read the article on the PT Website titled:

*“Common Overuse Injuries Attributed to Cycling and Ways to Minimize These Injuries”*

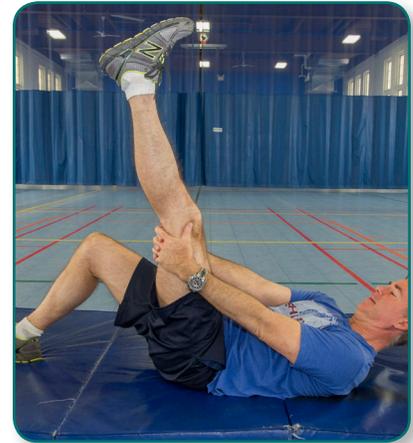
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## Hamstring Stretches

Several ways are shown to stretch your hamstrings. Hold these stretches for 30 seconds. Bouncing a stretch may increase your chance of straining the muscle.



## Hamstring Stretch

The hamstring stretch described here is for the rider who may have low back pain and bending forward is painful. Lying on your back, raise your leg up with your hands, keeping the knee straight. Hold this stretch for 30-60 seconds. You can also use a yoga belt or karate belt to assist you in raising your leg. The belt would go around your foot and pull the rope with both hands.



## Pelvic Tilts

While lying on your back and both knees bent, place your index and middle fingers on the front of your pelvis. Begin to push the small of your back down into the floor, while tightening your lower abdominal muscles. Your pelvis will rock upward during this movement. You can repeat these for up to 3 sets until fatigue.



## Segmental Bridges

While lying on your back and both knees bent, initiate the pelvic tilt described above and then continue to move up one vertebra at a time until you have moved into a bridged position. As you begin to move back down, initiate your movement from the upper most vertebrae on the floor and lower yourself back down one vertebra at a time until you roll back out of the pelvic tilt. You can repeat these for up to 3 sets until you fatigue.



## Crunches and/or Sit Ups →

With your hands on your chest or behind your head, initiate an abdominal contraction, lifting up the head and shoulders off of the floor, and slowly lower your shoulders back to the ground. You can hold the crunch for ~ 5 seconds. Repeat until you fatigue performing 2-3 sets. Sit ups will work your abs very well too, and will engage your hip flexors strengthening them as well. Have someone hold onto your legs and feet for assistance.

