

DON'T DO THAT
EXERCISE AND TRAINING
TECHNIQUES THAT YOU
SHOULD NOT DO

Do Not Do Cycling with Poor Form Part 1 Low Back and Neck

Indoor cycling using a spinning bike is a widely popular and typically safe method of working out. However, as with all forms of exercise, injuries may arise, particularly with overuse, improper use or form, and/or improper bicycle fit or cycling gear. Especially concerning is the high incidence of low back pain in cyclist. Much I feel comes from extended seated slump posture. Another concern is to the neck.



Factors that contribute to low back pain in indoor cyclists include a poor bike fit, poor posture, prolonged use, and weak core muscle strength. The following adjustments may help cyclists to avoid low back pain. Select an appropriately fitting bicycle
Use an upright or recumbent-style bicycle
Raise the handlebar height and/or move the saddle forward. Perform core training exercises and low back care principles. Posture is key when riding. It is imperative that the low back be kept in neutral with continue adjustment from handle bar hand position to sitting upright.

Neck pain is common in indoor cyclists, particularly when using a bicycle that places the rider in the traditional forward flexed riding position. Frequently alter the head and neck positions. Change the bicycle to an upright style or use a recumbent bicycle. Raise the handlebar height and/or bring the handlebar position closer to the saddle. If on a bicycle with drop handlebars, ride with the hands on the hoods or top bar. Perform neck exercises (see our neck care program).

Stop and give your neck and back a break.

Do not let discomfort become pain, which may takes months to years to resolve.

Like I always say Maintain the Curves, Protect Your Curves when it comes to your Spine.