How to workshop:

Assess and manage Gluteal function for Cycling

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http://www.bounceback.physio/apa

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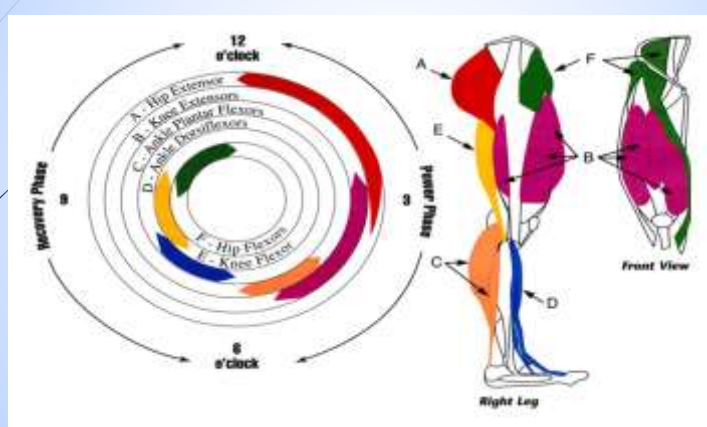
Muscles in Cycling

Historical



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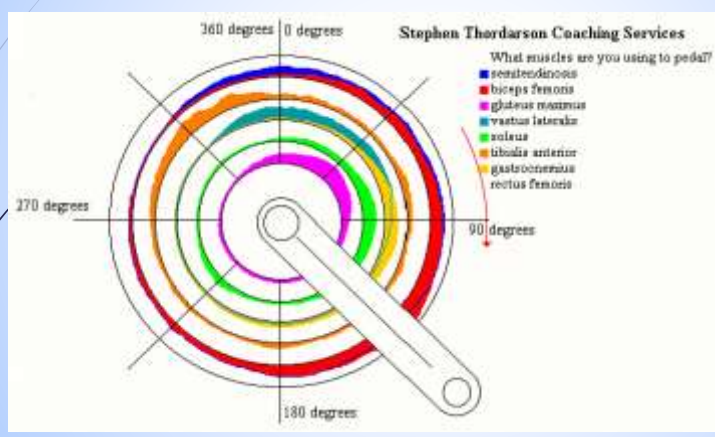
Muscles in Cycling
Alternative View



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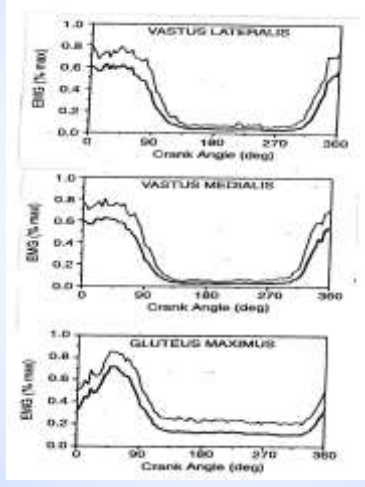
MUSCLE ACTIVATION
Gregor 1996



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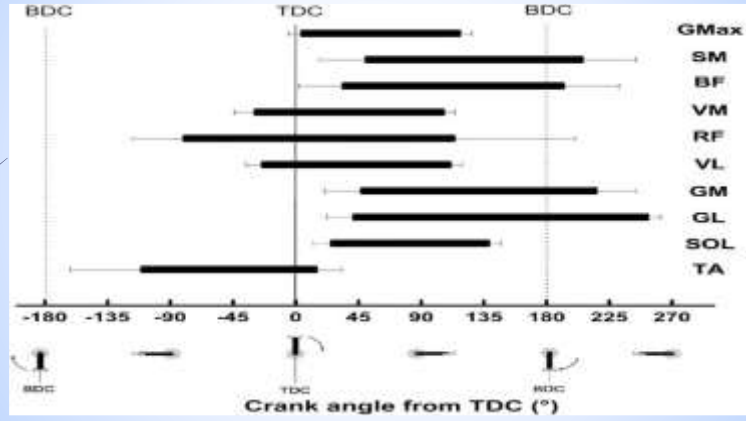
SUMMARY ACTIVATION
HUG 2009



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The neural system selects those muscles most easily activated and well positioned.

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Cycle specific Musculoskeletal screening

Joint angle specific Hip Extension Option 1 (muscle strength pattern)

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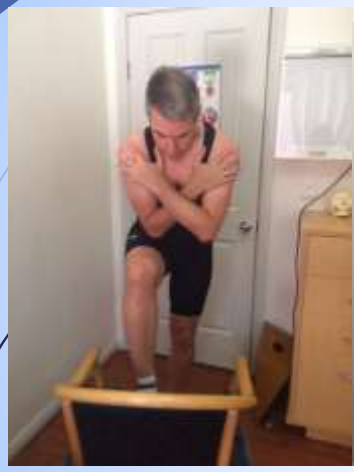

Joint angle specific Hip Extension Option 2 (muscle strength pattern)

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Single Leg Squat

One legged decline squat

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Gluteal Antigravity activation (muscle tonic control)

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Active Hip Extension (muscle recruitment pattern)

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Glut Medius lateral thigh on pelvis control

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Case Study – Cyclist with right lumbo pelvic pain & right knee pain

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Grade 1 Able to maintain an isometric contraction (min 10 sec) without compensatory movement of the core, in a position aimed to facilitate the stabilising role of key muscles.

Grade 2

15

Able to maintain an isometric contraction (for min 10-20 seconds) without compensatory movement of the core, with superimposed slow movement of the limbs.

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Grade 3

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Able to maintain control of the core without compensatory or inappropriate movement, while performing slow movements of the trunk itself.

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Grade 4

Able to maintain control of the core, while performing joint angle and contraction specific movements of the limbs.

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Grade 5

Able to maintain contraction of core stabilisers while performing sport specific:-

a) fast movements of the limbs with cycle drills.

b) fast movements of the trunk.

c) against increased resistance/speed on bike

reproducing concentric/ eccentric roles of key muscles.

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Progressed functional control and bike fit work together to optimise cycling performance.

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