

Bad posture leading to neck and lowback pain while riding

How can posture be related to the pain your experiencing while biking those miles? Much like standing, and proper ergonomics while at your desk working, posture while seated on your saddle is equally as important.



Bad Posture

- Flexed back (Rounded)
- Protracted shoulders (Slouched)
- Backward Tilted Pelvis
- Flexed Neck (every inch flexed adds 10 pounds)

Good Posture

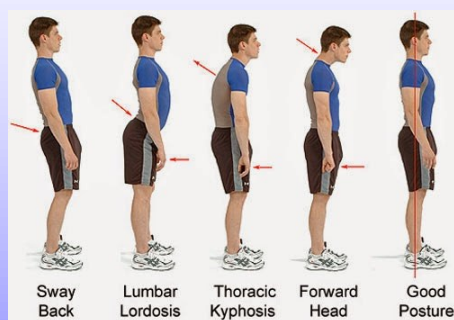
- Extended Back
- Adducted & Retracted Shoulders (Neutral spine)
- Core engaged (Supports the Lumbar spine)
- Forward Tilted Pelvis
- Slight Arch in lowback
- Neck Extended (Ears should align with Shoulders) Do no Hyperextend

Common Problems

- Muscle strain due to overuse or imbalance
- Pinched Nerves (Radiculopathy/Peripheral Neuropathy)
- Arm Pain
- Leg Pain
- Loss of Energy

Proper Posture will not only help reduce your likelihood of neck and lowback injury, but will provide you with additional energy. Engaging muscles that are not needed will use more energy and cause your ride to be long and sluggish. Properly engaged muscles will make your ride more enjoyable and less of a drain allowing you to go faster and longer.

Regular Chiropractic care can not only help reduce the likelihood of lowback and neck pain but can also help correct your posture on and off the bike. Combining chiropractic care with various types of PT modalities can help loosen muscles and keep your back neutral and head where it needs to be to prevent injuries.



Posture associated with standing



Don't let this happen to you!

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