

THE DECALOGUE OF THE CYCLIST, THE EXPERTS' TIPS TO PREVENT AND TREAT THE MOST FREQUENT ACCIDENTS

Undergo a careful physiotherapy evaluation, equip yourself with the right sports equipment and know your limits. On the occasion of the famous "Giro d'Italia" race, these are some of the tips provided by the experts to avoid unpleasant injuries and inflammatory diseases related to the world of cycling. Among the recommendations, there is also to rely on new laser technologies such as Theal Therapy, useful to guarantee faster recovery.

Cycling has always been one of the most practiced sports due to the accessibility and benefits it brings to the human body. However, riding a bike without the right preparations and knowledge can lead to serious injuries. **Suffice it to say that in Italy in 2017, according to Aci / Istat data, there were over 17 thousand road accidents involving cyclists, of which 254 were mortal.**

In America, however, according to research by the **University of California** published on Reuters, **there are over 60 million cyclists and an injury rate of 62%.**

A negative trend that involved both **professional athletes and celebrities**: from **Bono Vox**, who reported a bad shoulder, hand and face injury while riding the streets of Central Park, to **Ed Sheeran**, who had to skip most of his musical commitments due to a broken arm, by **Domenico Pozzovivo**, who suffered a concussion after falling off the bike at the end of the "Freccia Vallone", up to **Egan Bernal**, a great absentee from the "Giro d'Italia" race due to a fractured clavicle.

What are the experts' recommendations to avoid such injuries and treat them better, then? Prevention begins with a **physiotherapeutic evaluation to avoid any problems of physical rigidity** and continues with a **proper nutrition and hydration.**

The **use of a helmet and adequate sports clothing** is also crucial. **Finally, to reduce injury recovery times, experts recommend the use of laser therapy.**

Precisely for this reason, **Mectronic** has patented **Theal Therapy**, a made in Italy laser therapy which, taking advantage of the perfect mix of different wavelengths, adapts the treatment based on physiological parameters such as age, pain, skin type and tissue .

"Cycling is a sport that can give so many benefits but, like any physical activity, **the risk of injuries and inflammatory pathologies is very high if you forget to undergo a training adjustment and a careful athletic evaluation to avoid problems of physical rigidity** - explains **Dr. Maurizio Radi**, physiotherapist and osteopath, founder of the **Fisioradi Center** in Pesaro (Italy) - **Those who often ride a bike tend to suffer from pain in the lumbar or sciatica area, knee tendinopathies and problems at the wrist joints and at forearms.**

This is why the **aid of Theal Therapy, which I have used several times in my center, becomes a valid ally. Thanks to its laser technology who act as a stimulator at tissue level, Theal Therapy maximizes the therapeutic effects and reduces recovery times.** My advice is to **follow a correct diet and wear equipment suited to your body**, especially for those who are not professionals but decide to go cycling as a hobby. Because you have to cycle to feel good, but you also have to feel good to cycle".

But what are the most common injuries for those who practice cycling? According to a research by the **American Health Association**, **42%** of cyclists suffer about **neck injuries**, **36% inguinal muscles' stretches**, **31% back injuries** and **38% to the skull**.

Most injuries occur due to the lack of a protective helmet: only 50.7% of those who practice cycling wear one during the impact.

But that's not all, because **70% of the injured subjects are male** and 12-year-olds children have injuries twice as high as those of adults between 20 and 39 years. Even the most accustomed to the world of bikes are not exempt from these problems, since the **36% of those cycling for mor than 80 kilometers** a week has an injury.

Finally, the **decatalogue of experts** to prevent and treat injuries and pathologies related to cycling:

1) YOU MUST SUBJECT TO A CAREFUL PHYSIOTHERAPIC VISIT

The main warning for those who decide to engage in cycling, both at a competitive level and by pure hobby, is to undergo a physiotherapy visit to avoid problems of physical rigidity.

2) FOLLOW A CORRECT NUTRITION PROGRAM

The correct satisfaction of nutritional requirements is essential to prevent injuries.

3) BE EQUIPPED WITH SUITABLE EQUIPMENT

It is important to check the size of the bike, the correct position of the saddle and to equip yourself with sports clothing and equipment such as shorts, traksuits and shoes suited for your physical conformation.

4) DO NOT UNDERESTIMATE THE STRETCHING

Performing joint mobility exercises for legs, hips and spine is essential to put your best foot forward before an intense ride.

5) KNOW AND RESPECT ROAD SIGNS

Most bicycle accidents happen due to small distractions and lack of respect for road rules: knowing the signs is therefore vital to prevent them.

6) USE OF THE PROTECTIVE HELMET

Wearing a helmet is essential to protect yourself from falls and prevent possible cranio-cerebral traumas.

7) KNOW YOUR LIMITS

Listen to your body's signals and gradually increase your workload, avoiding excessive stress while riding.

8) MAKE SURE THAT YOUR BODY IS HYDRATED

Replenishing water supplies of your body by drinking in the right amount before, during and after the physical effort helps improve pedaling effectiveness.

9) CHECK THE ENDURANCE OF THE BIKE PERIODICALLY

An efficient bicycle is the main factor that guarantee your safety. For this reason it is advisable to check the tire pressure, clean and lubricate the chain and the gearbox.

10) IN CASE OF INJURY, USE THE LASER THERAPY

The use of the Theal Therapy laser has proved to be extremely useful to reduce the time for the cure and the recovery of acute-chronic pathologies linked to the world of cycling.