

DID YOU KNOW THAT?

The most common lesions are divided into two types:

The mental and physical preparation that cyclists go through in their profession is a process that requires time, discipline and good professionals to help in this. Being a cyclist or cycling can bring many advantages in life. However, it is also important to know that the body demands more than the count in cycling, in which you can present different types of physical and mental injuries.

- 1. Traumatic:** occur due to falls or bad movements. They usually include broken arms, hips, shoulders or muscle ruptures.
- 2. Non-traumatic:** They are presented by wear, overtraining or by the physical exertion that is performed; they focus mainly on knee, hip or muscle injuries. These include tearing, tendinitis and bursitis.

SECTION 1:

The physical section in which muscle, bone density and biochemical evaluations are performed. These help to check for a type of anatomical abnormality that may at some point lead to some type of injury, pain or discomfort, either by asymmetry or a disbalance in the body. Foreexample, having one leg shorter than the other, having the spine with a little deviation or decreased mobility. The results of these tests help to decrease the likelihood of some biomechanical alteration and this minimize the presence of any injury.

The process for recovery and rehabilitation of both traumatic and non-traumatic injuries is complex. It should be clarified that traumatic ones have a little more complexity and take longer since surgical interventions should normally be done, resulting in a longer recovery process. This process is divide into two sections.

But how do you get to avoid this long and complex process?

BE CAREFUL: Do not set aside the power supply. It is also the primary basis for a good rehabilitation and recovery process. An effective process of nutritional adjustments is usually performed when controlling portions and calories because changes in body composition, or alterations in weight, may occur. Ideally, you should not use any type of medications, but you can use nutritional supplements that improve the supply of nutrients in the body and thus get a faster recovery.

Sports medical centers, rehabilitation and sports training such as MET Ltda. have state-of-the-art and advanced technology. Met conducts different studies such as bikefitting or three-dimensional biomechanical study either to high performance cyclists or hobbycyclists. These studies help to evaluate more objectively the way the person fits on the bike to be able to pedal, and the force that is applying his body on the bike to do an effective and efficient job in order to get more performed in the sport.

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SECTION 2:

On the other hand, there is the cognitive section which is very important and is based on recondition the athlete in the psychological part of body. The idea is that in this section the cyclist does not waste time thinking about what his rehabilitation will be like, whether he or she will recover or not, whether he or she will be completely fine, etc. On the contrary, it seeks to work on the psychological side, to be assertive in all rehabilitation processes and this to be able to return to training in a shorter time.

Foto: Cortesía Met LTDA

