



Presents

CYCLIST INJURY PREVENTION CHECKLIST

**Stay on the Bike. Stay Out of the Clinic.
The complete pre-season and in-season injury audit**



How to Use This Checklist

Work through each section and check off items you're currently doing. Anything unchecked is a potential injury waiting to happen. Address the gaps before they become problems.

Complete this checklist at the **START** of your season and again every 6-8 weeks. A 10-minute review now saves weeks off the bike later.

DISCLAIMER: Please note that the information provided in this guide is for information and entertainment purposes only. The information in this guide is not a replacement for professional medical advice and guidance. Always consult your physician before undertaking any physical activities. Seek immediate medical attention if any discomfort arises from any exercises.

SECTION 1: Bike Fit

Most cycling injuries originate from poor bike fit. Check these first.

- Saddle height is correct — slight knee bend (25-35°) at bottom of pedal stroke
- Saddle is not tilted up or down — should be level or slightly nose-down
- Handlebar reach feels comfortable — no strain in shoulders or neck after 1 hour
- Cleat position checked — ball of foot over pedal axle
- Cleat float is set correctly — no knee tracking issues during pedaling
- No numbness in hands or feet during rides longer than 1 hour
- Lower back is comfortable in riding position for 2+ hours
- Professional bike fit done in the last 12 months (or after any weight change of 5kg+)

SECTION 2: Mobility & Flexibility

Cyclists are chronically tight in specific areas. These are the most common culprits.

- Hip flexors — can perform a lunge stretch comfortably, no anterior hip pinching
- Hamstrings — can touch shins with straight legs (not necessarily toes)
- Thoracic spine — can rotate upper body 45° each direction without discomfort
- Glutes/piriformis — no deep glute or sciatic pain when sitting cross-legged
- Ankle mobility — can perform bodyweight squat with heels flat on floor
- Neck/cervical spine — can hold riding position without neck pain for 1 hour
- Daily stretching routine of 10-15 minutes — currently consistent



SECTION 3: Strength Balance

Muscular imbalances are the second biggest injury driver for cyclists. Be honest with these.

- Both legs feel equally strong on single-leg exercises (split squats, step-ups)
 - Hamstrings can resist at least 60% of quad strength (Nordic curl test)
 - Glutes are the primary muscle engaged during hip thrusts — not lower back
 - Core can hold a dead bug position for 30 seconds per side without lower back compensation
 - No noticeable left-right power difference on power meter (if applicable)
 - Currently doing strength training 2x+ per week
 - Includes posterior chain work (hamstrings, glutes, back) not just quad-focused exercises
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SECTION 4: Training Load Management

Most overuse injuries come from doing too much too soon. Check your training habits.

- Weekly ride volume increased by no more than 10% per week
 - Including 1-2 easy/recovery days per week
 - Deloading every 4-6 weeks (reducing volume by 30-50% for one week)
 - Not training through sharp or unusual pain — distinguish discomfort from injury
 - At least 6-8 hours of sleep per night
 - Eating enough to support training load — not in a significant caloric deficit
 - Tracking training load (TSS, hours, RPE) to spot overreaching patterns
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SECTION 5: Common Warning Signs

If you're experiencing any of the below, address them before continuing training.

 If you have any of these, rest and see a physiotherapist before continuing structured training.

- Knee pain — especially behind the kneecap (patellofemoral) or on the outside (IT band)
- Lower back pain that gets worse during or after rides
- Hip clicking or snapping (especially with deep flexion)
- Achilles tendon pain or stiffness in the morning
- Numbness or tingling in hands — especially in the ring and pinky fingers
- Neck pain that radiates into the shoulder or arm



- Persistent saddle sore or sit-bone pain that hasn't resolved with saddle adjustment
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SECTION 6: Recovery Practices

- Foam rolling major muscle groups 3-4x per week
 - Using compression socks or leggings after long rides when available
 - Cold or contrast therapy after hard sessions
 - Scheduled full rest days (no training) at least once per week
 - Massage or physiotherapy session at least once per month during heavy training
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Your Checklist Score

Count your checked boxes:

- 35-42 checked: You're managing injury risk well. Keep it up.
- 25-34 checked: Some gaps to address. Prioritize the unchecked items in Sections 1-3.
- Below 25: Higher injury risk. Focus on bike fit, mobility, and strength balance first.

Use the free workout builders at pedalmyway.com to build strength work into your routine, and listen to the Ask The Pedalist podcast for deep dives on injury prevention and training methodology. Also check out our PMW FIT app for voice guided offline workouts.

— *Pedal My Way* | pedalmyway.com