

Problems to look for...

From the front

1. Head is not central to the rest of your body.
2. One shoulder is higher than the other.
3. The spacing between your arms and your body are different.
4. Knees are not equal in height or turn either in or out.
5. Ankles roll so that your weight distribution affects your feet. (Check out the wear pattern on the soles of your favorite shoes).

From the side

1. Head deviates from the mid-line in either a backward or forward movement.
2. Shoulders are dropped too far forward or pulled too far back.
3. Chest is sunken forcing your upper back to become rounded.
4. Abdominals sag.
5. Too little or too much curve of the spine in the neck, middle and low back areas.
6. Knees are bent forward or too far backward in to a locked position.

Once again remember that this process is a simple screening only. However, just as a guide, should you have any more than a 2 kg difference in weight from one side to the other, or perhaps a noticeable variance in posture, such as, one hip higher than the other, or one shoulder dropped, you should most definitely get yourself checked by your chiropractor. Remember also that any postural instability will ultimately require compensation in another area of the spine for you to remain comfortably upright, which within itself may well have a significant negative impact on your riding comfort and ability.

whether it is in front of, in line with, or behind your shoulder joint. (Fig 6) Note in Fig 7 that the green line is where the middle of the ear should be and the red line is where the ear actually is. This forward head projection will result in a round shoulder or hump backed effect and may well create problems in the lower back later on if no treatment is obtained.

Using the green line in Fig 7 go ahead and check out the mid-thoracic spine between your shoulder blades to make sure that you have neither a hump-back nor a flat spine. When you're done, check the lower lumbar spine and make sure that the curve in the lumbar area just above the top of your sacrum is not too flat or too curved.

So how did you go? Over the page there are some examples of problems to look for when conducting a self assessment.

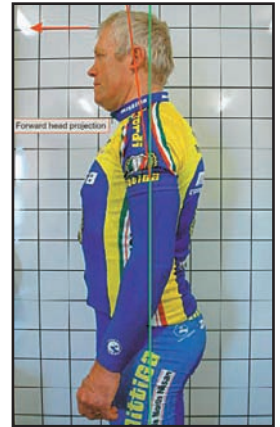


Figure 7

Conclusion

Remember, vigilance is the key. Always keep an eye on your posture and be constantly aware of any of the tell-tale signs such as a trouser belt rubbing on one hip, a difference in leg or arm length when being fitted for clothing, or a difference in wear pattern on your shoes. Cycling is a two way street just as you always want to squeeze that extra drop of performance out of your bike, never overlook the ultimate and most important source of power-yourself. Make a point of seeing your chiropractor for a check-up or postural analysis and certainly don't be afraid to have him or her work closely with your bike pro for any 'micro adjustments' that you may need along the way. 🚴

Dr David Stapleton (DC, Grad Dip MuscMgt, M. App. Sc) operates 'Cycle Performance Chiropractic', a facility for chiropractic sports performance assessment and musculoskeletal correction in Adelaide, South Australia.

Special thanks to Paul and John from Team Mittiga. Graphics by Lawson and James.

Photos • David Stapleton

uvision super pro

adjustable temple ends

3 frame colours

4 lenses

adjustable soft nose pads

MADE IN GERMANY

uvex

PROTECTING PEOPLE

makrolon®
the high-tech material

uvision pro – polarised lens

uvision – 3 colours, 2 lenses

- 100% optically correct
- highly break resistant
- 100% uv protection
- helmet compatible

Distributed by:
Sports-Port Agencies Ph: 03 9646 6867

www.sportspartagencies.com