



Alignment Advantage

Correct posture and balanced biomechanics play a highly important role in your performance on the bike. **Dr David Stapleton** and **Dr Billy Chow** explain.

So, you've got rid of the old rusty 10 speed, just purchased your new dream bike, you've been professionally set-up on it and everything seems perfect.

Why is it then, you still have that nagging low back pain when climbing and why is it that your old hamstring problem still hangs around and worse still, why is it you're still miserably under-performing?

As chiropractors, we're asked this question all too often. And the good news is that there is something very positive you can do about it. Whether you're a club racer or a weekend warrior you're no different to the pros.

Biomechanical stability or a properly balanced posture is perhaps one of the most underestimated, if not, totally overlooked aspects of performance cycling.

Posture and Biomechanics

In recent years, elite sports has not only recognised the value of meticulously correct posture and balanced biomechanics of the human frame and nervous system, but those seeking top performance have meshed spinal correction and regular vertebral alignment as an integral part of their everyday training routine. Just ask Lance Armstrong what he did twice a day to maximise his performance throughout his seven Tour de France titles. And while you're at it, ask Stuart O'Grady what he's been doing to recover so quickly from his incredible injuries during stage two

of the 2006 Tirreno-Adriatico. And why is it that a whole host of professional teams including Discovery Channel, CSC, Davitamon and Liquigas, just to name a few, now choose to add this form of modern performance enhancement to their secret arsenal?

You see, it's not just about back pain or neck pain, although admittedly they're important considerations. It's really about maximising nerve flow by reducing interference within your own nervous system. It's about structural and postural balance of the human frame and the importance of proper alignment of the spine both on and off the bike.

How? Well let's go back a cog. Your spine's a bit like a garden hose.

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Stapleton checks Pearson's postural stability near the jerseys of Stapleton and Chow's other clients, including Estonian sprint king Jaan Kirsipuu (blue and black jersey).