Non-traumatic injuries among cyclists: Prevalence and associated factors

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Background
Cycling involves repetitive motion of the lower limb, often performed over long periods with a fixed upper body posture. This has led to specific injuries, the nature and prevalence of these injuries has not been recorded amongst members of cycling clubs.

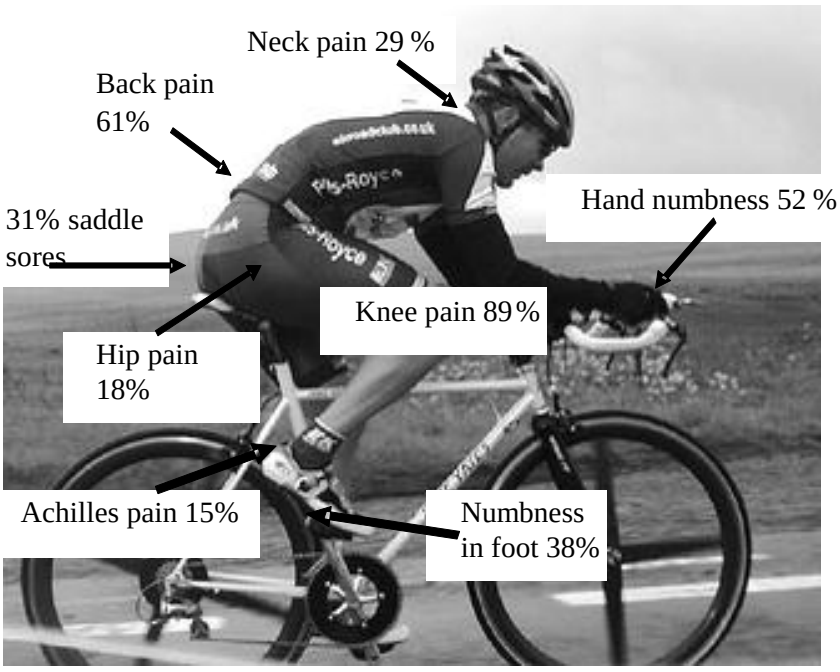
Objective
To gather data on prevalence and associated factors of non traumatic cycling related injuries.

Study design
Cross sectional survey of cycling related injuries amongst sport cyclists.

Method
A survey was conducted through the websites of eight cycling clubs across Scotland. Questions related to incidence, nature and factors associated with injury.

Results
Based on 157 responses (83% men, all adult age groups represented) the majority (55%) reported an injury with most (77%) believing this was caused by overuse, the remaining 23% felt a fall or participation in another sport was responsible. The most common location of injury was the knee (31%) followed by back (13%) and hip (6%). Symptoms lasted between 2 weeks and 1 year. Cycling intensity was statistically ($p<0.05$) associated with a higher risk of an injury. Most (75%) injured cyclists consulted a health professional, with a physiotherapist (54%) and family doctor (31%) the most popular.

Conclusion
There was a high prevalence (55%) of non traumatic injury among sport cyclists. This was statistically associated with cycling intensity but not any other factor such as age, type of cycling or weekly mileage. The pattern of injury reflects areas of the body placed under stress i.e. the knee, back and hip.



Location of pain amongst riders reporting a problem