

# SADDLE SORES



Saddle sores, what are they?

- Skin lesions that occur in the area of the body in contact with the saddle (1)

Sores develop following microtrauma to the skin caused by pressure & friction during cycling (2)

Good to know...

- Saddle sores are common in both recreational & elite level cyclists (1)
- Due to heat & moisture when sweating they may become infected & can become a chronic issue (1)
- They often recur on the same side

## COMMON CAUSES (1, 2, 3)

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| <ul style="list-style-type: none"> <li>• Chafing</li> <li>• Intrinsic asymmetries: <ul style="list-style-type: none"> <li>◦ lower body mobility</li> <li>◦ lower body strength</li> <li>◦ posture</li> <li>◦ leg length difference</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Extrinsic asymmetries: <ul style="list-style-type: none"> <li>◦ bike setup</li> </ul> </li> <li>• Unstable feet: <ul style="list-style-type: none"> <li>◦ shoe setup</li> <li>◦ cleat position</li> </ul> </li> </ul> |
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## PREVENTION (1, 2)

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| <ul style="list-style-type: none"> <li>• Reduce risk of chafing <ul style="list-style-type: none"> <li>◦ well-fitting chamois</li> <li>◦ avoid bunching fabric</li> <li>◦ No underwear</li> <li>◦ Chamois cream for longer rides or when out in the rain</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Replace old chamois promptly to ensure sufficient padding</li> <li>• Good hygiene habits</li> <li>• Address asymmetries</li> </ul> |
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## TREATMENT (1, 2, 3)

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| <ul style="list-style-type: none"> <li>• Early reporting to coaches</li> <li>• Review with doctor as steroid cream / antibiotics may be needed</li> </ul> | <ul style="list-style-type: none"> <li>• Pay particular attention to good self &amp; kit hygiene to help prevent &amp; manage infection</li> <li>• Address all points on 'prevention list' above</li> </ul> |
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