

SADDLE SORES

ASYMMETRIES



Rider & bike symmetry may help prevent & manage saddle sores, as well as other injuries (1, 2, 3)

Addressing asymmetries may be particularly important in the case of sores that recur on the same side (3)

Lower body asymmetries in the rider may contribute to uneven pressures on the saddle & should be addressed first (3)

Discuss with coaches when considering extrinsic/bike factors to avoid a negative impact on efficiency or power output

INTRINSIC ASYMMETRIES

RIDER FACTORS

ASSESS LEFT V RIGHT (3)

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| <ul style="list-style-type: none"> • Pelvis mobility • Hip mobility • Lower back mobility • Hamstring length & strength | <ul style="list-style-type: none"> • Quad strength • Glute strength • Leg length • Single leg balance /proprioception |
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EXTRINSIC ASYMMETRIES

BIKE SETUP (1, 2, 3)

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| <ul style="list-style-type: none"> • Handlebar position <ul style="list-style-type: none"> ◦ If reach is too long or wide it can increase the weight on the nose of the saddle & reduce pelvic stability • Insufficient stance <ul style="list-style-type: none"> ◦ Too narrow reduces stability | <ul style="list-style-type: none"> • Saddle height <ul style="list-style-type: none"> ◦ Too high may tilt pelvis to dominant side • Cleat placement <ul style="list-style-type: none"> ◦ Further back can increase pelvic stability • Well fitting shoes can increase pelvic stability |
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