

SADDLE SORES

SADDLES



A change of saddle may help when trying to prevent or manage saddle sores (2, 3)

Always discuss with coaches when considering a change of saddles

When considering a saddle change ensure other factors have been considered:

- Better fitting chamois (1, 2, 3)
- Bike setup, particularly saddle height & tilt (3)
- Asymmetries, particularly if there are recurrent issues on the same side as the saddle will most likely be symmetrical (3)

HOW TO CHOOSE A SADDLE (3)

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| <ul style="list-style-type: none">• Consider saddle design, the shape & the amount of padding• Gel padding is preferable over foam padding | <ul style="list-style-type: none">• Consider male & female specific saddle options such as central cutaways, snub nose & rear width• Trial & error for individual comfort |
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OTHER CONSIDERATIONS (3)

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| <ul style="list-style-type: none">• Check saddle condition regularly• Has a saddle become twisted or bent?<ul style="list-style-type: none">◦ One side or rail may have collapsed or bent causing a change in saddle pressure distribution• Saddle height<ul style="list-style-type: none">◦ Too high may tilt pelvis to dominant side | <ul style="list-style-type: none">• Saddle tilt<ul style="list-style-type: none">◦ Majority of saddles designed to be used level◦ Upward tilt may cause/aggravate saddle sores◦ Downward tilt of 1-2 degrees may reduce incidence & symptoms of saddle sores◦ Ensure <u>UCI regulation compliance</u> on tilt angle |
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