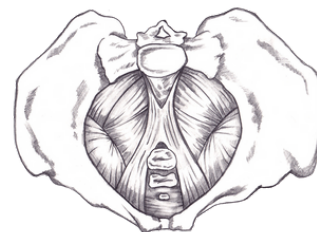


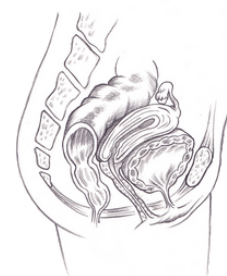


ANATOMY OF THE PELVIS + PELVIC FLOOR

Your pelvis is the sturdy base you sit on when you ride—it connects your spine to your legs and supports vital organs. At the bottom sits the pelvic floor, a group of muscles like a supportive sling for your bladder, bowels, and sexual organs. These muscles also help with balance and control in the saddle. Too much pressure from poor posture, saddle fit, or bike mechanics can lead to pain, numbness, or even bladder, bowel, or sexual issues. And because your pelvis is central to your whole body, problems here can affect everything from your back to your feet. Caring for this area can transform your ride and your life!



Attaching at the tailbone, these muscles literally form the floor of the pelvis.



Slung across the pelvis, the pelvic floor quietly plays an integral role in our daily lives.



SIGNS AND SYMPTOMS THAT YOU MAY HAVE SOMETHING GOING ON

- Pain, numbness, tingling, pressure or other discomfort in your pelvic/genital area, hips, abdomen, spine, tailbone, or extremities (anytime, not just when riding!)
- Urinary or bowel symptoms such as leakage, urgency, frequency, bowel/bladder pain, or difficult/irregular emptying
- Pain or difficulty with intercourse (during or after)
- Sensation of pelvic organs slipping or falling out
- Seeing or feeling bulging or coning in your abdomen with activity or strain
- Sensation of core or pelvic weakness, difficulty with control

how pelvic therapy can help!

Our specialists provide gentle, evidence-informed care to help you feel confident and in control of your body.



Movement & Exercise Strategies to build strength, flexibility and coordination



Hands-On Therapy to relieve pain and improve function



Education & Awareness to help you understand your body's signals



Individualized Plans so you can keep doing what you love, without discomfort



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BIKE GEAR + SET UP

- Make sure your seat is right for your ride!!
 - **Seat Width**
 - Measure your seat (sit bone to sit bone width) and add 15-30 mm depending on type of riding
 - For performance/racing: sit bone width +15 mm
 - Mountain bike or leisure: consider adding ~20-30 mm to your sit bone width to < pressure
 - **Seat Angle**
 - Start with it level, then match your angle to the tilt of your pelvis
 - Weight should feel equally between front and back of pelvic area
 - Adjust angle if too much pubic or tailbone pressure
 - **Seat and Handle Bar Height/Distance Apart**
 - Seat height is important!
 - Too high: strains leg, affects ability to use core, throws off weight-bearing through foot during push, overworks calf
 - Too low: compresses the front of the hip and overstrains the hip flexors/quad/knee
 - Ideal: Entire foot can touch pedal comfortably through entire range, at point knee is most extended should have slight bend in knee (25-35 degrees)
 - Consider seat and handle bar height/distance apart affects neck, spine, and pelvic position
 - Adjustment that allows you to be more upright (if appropriate for your ride needs) can help disperse pressure
 - Shock absorption
 - A dropper seat post is great to help with shock absorption, esp if you're a mountain biker!
- **Clothing:** bike shorts with padded support takes pressure off the main pelvic nerve that rests inside your sit bone
- Ultimately the geometry of the bike affects everything. Consider an individualized assessment to figure out your needs!



POSTURE / FORM / MECHANICS

- **Leg/Foot Angle**
 - Adjust seat height per above to keep soft bend and weight bearing through entire foot
- **Pelvic Angle**
 - Find neutral pelvis in seated and standing position on bike
- **Spine Angle**
 - Try to avoid a slouch or overarch of back to reduce tension in seated and standing
 - Look ahead vs down to keep neck in neutral!
- **Upper Body**
 - Keep shoulder relaxed
 - Arms should be in a "soft straight," not fully extended or locked, but not so much bend that you strain the elbow or bunch the shoulders
 - Try to keep a "soft grip" on your handle to prevent wrist and hand pain/numbness
- **Breathing**
 - Exhale with effort when pedaling!
 - Avoid breath holding for shock absorption, this can increase strain in your core
- **Pedaling Form**
 - Try to balance work equally between quad and hamstring so one isn't overworking
 - On downward stroke push as if trying to "scrape off your shoe" to get posterior leg activation
- **Shock Absorption**
 - Coming out of the seat (even slightly) on bumps can help your legs absorb pressure instead of your pelvis
- **Unclench!!!**
 - We have a tendency to clench when bracing for impact
 - Be aware of any clenching or tension holding in your pelvic floor, jaw, hands, traps, glutes and try to let it go!

