

Cycling Injury Patient Information Resources

📅 01/03/2018 ↪ Cycling | Handout | Brandable | Upgrade | Registered |
Rebrandable client resources covering the most common cycling injuries.

It includes:

- "The 8 Most Common Cycling Injuries and How to Avoid Them" [Client Newsletter]
- A Cycling Injury Cheatsheet
- Burning feet [Advice Leaflet]
- Achilles tendon pain [Advice Leaflet]
- Knee pain [Advice Leaflet]
- ITBS [Advice Leaflet]
- Hip pain [Advice Leaflet]
- Back pain [Advice Leaflet]
- Hand pain [Advice Leaflet]
- Neck pain [Advice Leaflet]
- Strengthening Exercises for Cyclists (Core strength) [Exercise Handout]
- Strengthening Exercises for Cyclists (Neck strength) [Exercise Handout]
- Stretching Exercises for Cyclists [Exercise Handout]

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About our Co-Kinetic Patient Information Resources

Every Co-Kinetic patient resource is written by a medical professional and then reviewed by a multi-disciplinary panel of medics as well as physical and massage therapists. [For more information about branding options, click here.](#)

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Stretching Exercises for Cyclists [Exercise Handout]

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