The prevalence of non-traumatic musculoskeletal disorders in club level road cyclists

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Cycling in Britain today

British Cycling, 2017
What we did

• Online questionnaire
• 15 of Scotlands largest cycling clubs
• Self report of any non-traumatic MSK symptoms
  – incidence,
  – location,
  – symptoms
  – severity
  – impact
Results

- **N = 115**
- **Mean age (years)**: 42.4 yrs +/- 9.5
- **Gender**: 89 M 26F
- **Average weekly distance**: 65km
- **Incidence of injury**: 79.1%
- **Injury rate**: 0.08 per 1000km cycled

45% sought advice from a health professional

Most common symptom was LBP (45%)

Only 25% took time off from cycling
Symptoms of LBP are higher than in the general population.

Women are more likely to experience hand/wrist, hip & knee symptoms.

Men are more likely to experience neck and buttock/saddle/groin symptoms.

Guidance and advice should reflect gender differences and raise awareness of the role of the physiotherapist in injury prevention and management.