

# Take your **cycling** to a better place ...



## Body Organics for Cycle Conditioning

Body Organics is an established, multidisciplinary health care practice in Brisbane. Our three studios (West End, Chelmer, Annerley) offer allied health services such as Physiotherapy, Exercise Physiology, Podiatry, Nutrition, Osteopathy, and Remedial Massage. Providing a great complement to these services is an extensive range of body movement exercises such as Pilates, Gyrotonic® and CoreAlign®, all under the supervision of qualified physiotherapists, exercise physiologists and instructors.



### Why is this important to Cyclists?



Whether you are peddling to work or training for 2 hours on a Sunday, every cyclist wants to be more efficient. Cycling places prolonged load on the muscles required for stability around the shoulder and pelvic girdles, while large forces are generated via the legs. If a cyclist cannot maintain an efficient position, then energy is wasted with each pedal stroke and poor alignment may predispose you to injury. An efficient cycle position can be affected by the set up of the bike, which in turn will affect a cyclist's ability to maintain correct posture.

### Body Movement Programs

Body Organics can develop Pilates, Gyrotonic® and CoreAlign® programs specifically tailored to the needs of individual Cyclists. These programs focus on strengthening the inner support system, which consists of the deep abdominal muscles and the muscles closest to the spine. The exercises develop core control by integrating the trunk, pelvis and shoulder girdle. This can teach cyclists how to activate their inner support system to attain maximum balance and alignment as well as correct muscle "firing" patterns. Cyclists will also see stronger stomach muscles - the base of all their movements. For cyclists, strong trunk stability and flexibility will keep scapula, shoulders, pelvis and spine balanced and aligned so that they can maintain correct alignment in order to avoid straining the lumbar and thoracic spines, as well as allowing sufficient range of motion at the hip and knee.



### Injury Recovery

At Body Organics, our comprehensive range of allied health services is ideal for injury or illness recovery. Our therapists can work collaboratively to get you back on the bike faster.

***Contact Carla Mullins (Studio Manager) or Michael Schwarer (Practice Manager) to discuss the needs and goals of your Cycle-conditioning program. We work with individuals, coaches and teams.***