

## RECOVERY AFTER A LONG BIKE RIDE

**H**ooray! You did a long ride or powered through your long race. Now what? After you complete a long bike ride, there are many things you can do to speed recovery and prepare your body for the next workout.

Start the process during the ride by having a warm-up and cool-down period. Then begin the refueling process with liquids and carbohydrates immediately. The muscles you just worked will be more open to storing fuel for the next workout in the 10-30 minutes after exercise. Next, get to work on stretching your tight areas. A good ride should make you sore in the leg muscles (if you feel much tightness in the upper body or neck, this likely points to a poor fitting bike). Hold your stretches for 60 seconds for maximum effect, at a low intensity.

### HERE ARE SOME OTHER RECOVERY IDEAS:

**Cold water bath for 5-10 minutes** - sitting in a cool tub can help to naturally reduce inflammation. This is preferred over anti-inflammatory drugs like ibuprofen and aspirin, which can chemically slow the healing process.

**Kinesiology tape and compression clothing** - science hasn't shown why many athletes feel they recover faster with compression like tape or socks, but I bet it has to do with effects on our fascia. Fascia is the thin layer of connective tissue connecting around and through everything in the body, and is where most of our sense of pain, pressure, and movement comes from.

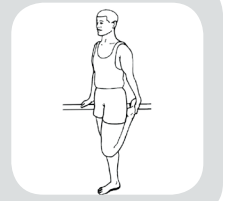
**Myofascial Release** - a "hands-on" therapy practiced by many massage and physical therapists that has been shown to stimulate release of biochemicals that speed healing.

If you have any questions, have pain preventing you from enjoying your activities, or are interested in more personal and specific programs, please contact your local Therapeutic Associates Physical Therapist at: [www.therapeuticassociates.com/locations](http://www.therapeuticassociates.com/locations)

#### Quadriceps Stretch

Pull heel toward buttocks until stretch is felt in front of thigh. Hold 30 seconds. Repeat with other heel.

Perform this stretch 1 time per day.



#### Hip Flexor Stretch

Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 30 seconds. Repeat with left leg.

Perform this stretch 1 time per day.



#### Piriformis Stretch

Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 30 seconds. Repeat with left leg.

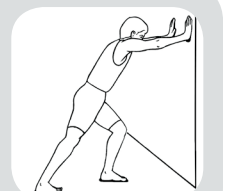
Perform this stretch 1 time per day.



#### Calf Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 30 seconds. Repeat with other leg.

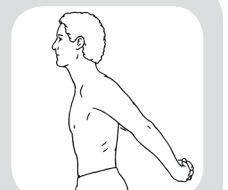
Perform this stretch 1 time per day.



#### Pec Stretch

Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 30 seconds.

Perform this stretch 1 time per day.



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