

PRE-COURSE DETAILS

ROAD CYCLING INJURIES

CAUSE AND MANAGEMENT

Tutor: Dr. Michael Callaghan Ph.D., M.Phil. MCSP

Duration: 1 day

Content: Practical & Theory

Cost: Standard Price: £145 member/ £175 non-member

Online Discount Price: £135 member/ £165 non-member

This course will help members de-mystify the complexities of cycling position, equipment and shed some light on the technical aspects of cycling. This will especially be useful for the physiotherapists who see road bike injuries but are not familiar with the sport.

This course is a combination of theory and practical, with a live demonstration of cycling analysis covering lower limb cycling injuries. The course will provide participants with the opportunity to diversify by being able to confidently treat members of the cycling and triathlon community.

Clinical skills will be enhanced by improved reasoning and clinical examination of patients who present with cycling related injuries. The course will present delegates with business opportunities to diversify into the cycling and triathlon fraternities.

NB: This course is geared toward road bikes - not mountain bikes or motorbikes.

Course aims

- Members to be more aware of the typical cycling lower limb injuries
- Be aware of their likely causes and
- Be able to perform a basic analysis *in situ*.

Learning outcomes

- Knowledge of cycling injuries and the needs of the cyclist
- Knowledge of bike set up
- Knowledge of sport specific technical language
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Practical element

If the members would like their cycling position analysed, they should bring along their bikes and cycling gear including shoes.

Reading list

- Callaghan MJ; 'Lower Limb Problems and Injury in Cycling Journal of Bodywork and Movement Therapies' 2005, 9(3): pp226
- Callaghan MJ, Jarvis C; 'Evaluation of Elite British Cyclists: The Role of the Squad Medical, British Journal of Sports Medicine' 1996, 34(9):pp349

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Biography

Dr. Michael Callaghan qualified in 1983 at Salford School of Physiotherapy and is a Research Fellow at Manchester University's Centre for Musculoskeletal Research. He is also a Clinical Specialist Physiotherapist in Emergency Medicine at Manchester Royal Infirmary where he heads a team of five physiotherapists in the emergency department.

In the sports medicine context he has attended 5 Commonwealth Games and 5 Olympic Games in a variety of medical roles (including physiotherapist) and was physiotherapist to Everton Football Club, Wigan Rugby League Club and the Great Britain Cycling Team. He represented the British Cycling Federation at the British Olympic Association Medical Committee. This season he was appointed as Head of Physical Therapies at Manchester United Football Club.

His research degrees of M.Phil awarded by Liverpool University and Ph.D. at Manchester University focused on the patellofemoral joint. His other areas of research have been the assessment and rehabilitation of the lower limb. This involves the use of MMG, EMG, kinetic and kinematic gait analysis, and proprioceptive testing, isokinetic and isometric muscle testing and electrical stimulation to assess muscle inhibition.

His work on patellofemoral pain syndrome has developed into functional joint and muscle evaluation and the use of both brain and knee MR imaging to monitor the effects of non-operative treatment for the knee such as taping and bracing.

He remains a keen cyclist and his research post allows him to monitor new concepts and emerging theories of cycling injury.

Timetable	
Arrival and registration	8.45hrs to 9.15hrs
Lecture: knee cycling injuries	9.15hrs
Break	10.45hrs
Live cycling analysis and bike fitting demonstration	11.00hrs
Lunch	12.00hrs
Lecture: spinal problems and cycling	13.00hrs
Break	14.00hrs
Live cycling analysis and positioning	14.15hrs
Course close	16.00hrs