

# Pregnancy & the road bike



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# Today's topics



Reality of the road bike

Posture Programming

Symptoms, discomforts & problems areas

PARQ Med X & Communication Triangle

Pregnancy, cycling & areas for concern

Prenatal cycle xtrain workout

Key points

# Reality of the road bike

Cycling is a partial weight bearing, fun and effective workout. There are many formats and finding the right one for each client is critical. Mountain, hybrid, cycle- cross, road, commuter and fat bikes are all examples of current outdoor options. Stationary indoor bikes also vary with examples such as basic, spin specialized to recumbent.

Pregnancy is a temporary condition that limits the ability for a client to cycle but risk can be evaluated on a 'case by case' basis.



# Posture Programming

## INCORRECT UPRIGHT POSTURE

### HEAD

Chin pushing forward. Eyes focus down

### SHOULDERS AND CHEST

Slouching constricts the ribcage, makes breathing more difficult and causes indigestion

### ABS, BUTT & UTERUS

Slack muscles allow out the back and tilts pelvis forward causing backache, strained abdominals, and excess pressure on the bladder.

### KNEES

If pressed back you strain joints and push pelvis forward

### FEET

Weight on inner borders strains arches and calves causing leg aches.

## CORRECT UPRIGHT POSTURE

### HEAD

Lift through the crown of the head and keep chin lifted and ears in line with neck.

### SHOULDERS AND CHEST

Draw shoulders back and down while you lift the rib cage up.

### ABS, BUTT & UTERUS

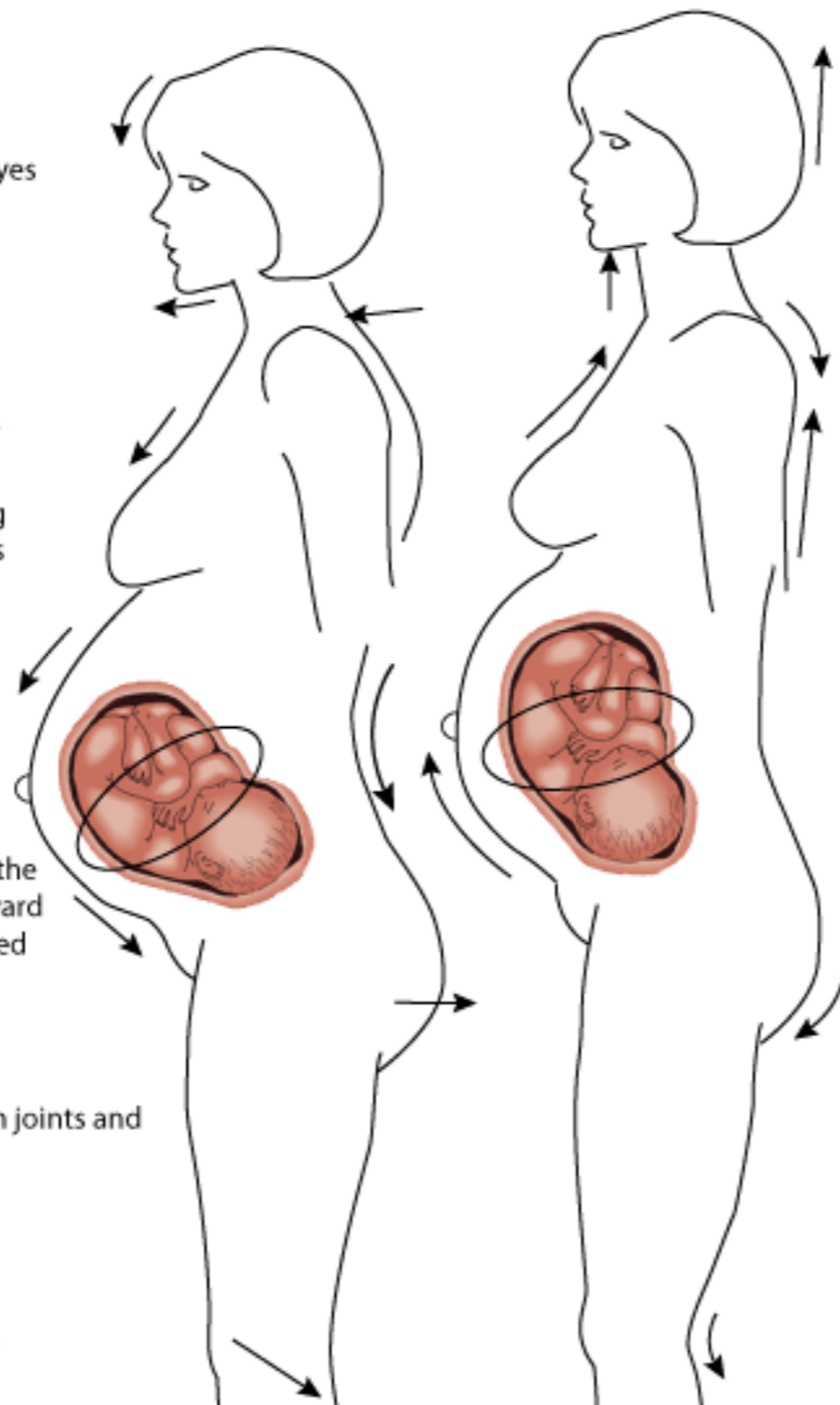
Contract abdominals to support baby, tuck butt under and tilt pubic bone slightly forward to center pelvic bowl.

### KNEES

Bend knees to ease body weight over feet.

### FEET

Distribute body weight over center of each foot.



# Symptoms & discomforts

The **blue highlighted** symptoms & discomforts are particularly relevant to cycling trainers, coaches and instructors.

**Morning [all day] sickness fatigue**

weight gain

headache

sleeplessness

**constipation & hemorrhoids**

heartburn

**varicose veins**

**swollen & sore joints**

**leg and muscle cramps pelvic floor weakness**

Low self esteem postpartum depression breast tenderness

**dizziness**

**round/broad ligament pain urinary incontinence**

shortness of breath

anxiety & mood swings



**Foot & calf cramps**

Shin splints

**Patella femoral syndrome TFL, IT band & hip discomfort Sciatica**

**Lordosis**

**Kyphosis**

Tension headaches

Oblique stretch discomfort **Shoulder impingement**

**Hand & wrist aches**

**Neck & upper back aches**

# Pregnancy & cycling



- Pelvic realignment in combination with the bike saddle increases pelvic floor pressure that can cause pain, swelling and risk preterm labour.
- Hip mechanics move into an externally rotated position making clean sagittal plane tracking problematic for hips, knees and ankles.
- Decreased core stability can leave the sacral/lumbar spine loaded and the lordotic posture can lead to sciatica, numbness and decreased leg power.
- Prolonged hand grip and load on handle bars can cause pressure on the ulnar nerve and increase risk of carpal tunnel.
- Forward flexed position when cycling promotes a kyphotic posture which is compounded by increased breast and abdominal weight & size. Neck and shoulder pain can easily be worsened by this position
- Gastrocnemius [charlie horse] and plantar muscle [plantar fasciitis] cramps/pain are common due to increased front load for prolonged periods. Cycling can exacerbate this type of cramping, tendinitis and general irritation.
- Resting heart rate and blood pressure increase over the last 2 trimesters and more importantly thermoregulation is modified.  
**Longer warmups and cool downs** are required to avoid overheating and HR/BP should be monitored.

# Prenatal cycling Xtrain workout

1. Breathing, Potty Squats, 4 phased lunges, wide squat rows
2. Dynamic chain releases
3. Isometric squats, Glute screamers, lat shuffles
4. Ball/tubing postural targeted exercises  
[Pullovers, lat resist, F Line rows, modified plank, pelvic tilts, pelvic floor, toe 'up' taps]
5. Chain releases
6. Relaxation, visualization & breathing

# In summary ...



- emphasize that every pregnancy is different ‘roll with the punches”
- expect fluctuations in energy & performance
- posture, flexibility & core strength are the TOP 3 targets
- educate, motivate, get results & celebrate results!
- hydrate, kegel & slow warmup & cooldown
- LISTEN, no such thing as a stupid question



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