Avoiding saddle sores Contributed by admin Saturday, 17 June 2006 Saddle sores can really make cycling a nightmare for those who suffer from them frequently. They can be small, painful and distr Constant rubbing of skin against cycling shorts or saddle surface leads to sores. If left unattended for long time, bacterial infection Avoiding these skin abrasions Improving the bike fit – necessary. If the seat is too high, then the hips rocks on the seat and it irritates the skin. Standing and stretching – lifting yourself for 15-20 seconds should do the trick, because it reduces the pressure on the cro Moving on the saddle – It’s important to get the maximum support, so try sitting towards the rear. For relieving the Smooth and soft shorts – shorts or chamois are recommended because they are soft and padded. Before finding the one Selecting a supportive seat – saddles too narrow, wide or soft can have their disadvantages, because, some can’t Lubrication – to reduce friction cause by the chamois is recommended to use good ointment (petroleum jelly or balm). Keeping clean – for each ride, wear clean shorts, and try keeping the skin dry. Washing the crotch with antibacterial soap Quick change – try to change your shorts immediately after a ride, so that way you prevent the bacteria from breeding and Sleep without clothes – As long as you are in bed free of clothing contact, air circulation keeps the skin dry. At the first sign of sores medical help is recommended. Especially helpful is the acne gel containing 10% benzyl peroxide. Also, it Cycling Best

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