Cycling and knee pain Contributed by admin Monday, 12 February 2007 Cycling and knee pain go together. The pain, which in medical jargon is known as IT band syndrome, is caused by iliotibial tissue Usually, it is the beginners who suffer from this pain. They ride for long hours without paying adequate attention to their knees or Seat adjustment also helps. The pressure on the knee goes down when the seat is neither too low nor too high. If the seat is high Another component that should be checked is the cleats. The cleats should not float too much internally nor should they float ext Another common cycling-related injury is chondromalacia. This is caused on account of constant pressure that is applied to the c Application of ice packs or resting the knee also mitigates the pain. It is also important to cut down on riding time till the knee and If the pain persists then the cyclist must visit a sports clinic or see a doctor.{mosgoogle left} Cycling Best

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