

# Allsports Physiotherapy and My FootDr

## Post Long Training Rides and Event Day Recovery Tips

Healthia is proud to be the official healthcare partner of B2GC 2023. Our teams from Allsports Physiotherapy and My FootDr know how important post ride recovery is for every participant. However, please note that it's important to consult with a qualified physiotherapist or podiatrist for personalized advice based on your specific needs and any underlying conditions you may have.

### Post-Bike Ride Recovery Tips from Allsports Physiotherapy:

- 1.** Rest and Active Recovery: Take time to rest and allow your body to recover from hard training rides and the big ride day. Engage in light, low-impact activities such as walking or swimming to promote blood circulation and aid in recovery.
- 2.** Stretching and Foam Rolling: Perform gentle stretching exercises to relieve muscle tension and improve flexibility. Additionally, foam rolling can help release any tightness or knots in the muscles. This is most beneficial on the days following longer rides or harder sessions like hills or repeated efforts.
- 3.** Cold Therapy: Ice baths are ideal to reduce inflammation and alleviate any pain or swelling in the muscles. Aim for 5-8 minutes of cold therapy (temp of 8-10 degrees), followed by a break, and repeat as needed.
- 4.** Hydration and Nutrition: Replenish your body by drinking plenty of water and electrolytes to stay hydrated. You will need to take enough calories for around 3-4 hours of your aim is for an average ride speed of 15-30 km/hr on event day. Practise consuming your favoured energy gels/bars whilst completing your longer training rides. Consume a balanced diet with a focus on lean proteins, whole grains, fruits, and vegetables to support muscle recovery.

5. **Massage or Manual Therapy:** Consider getting a sports massage or seeking manual therapy from a qualified professional. They can help improve circulation, relieve muscle tension, and promote overall recovery.

### **Post-Bike Ride Recovery Tips from My FootDr podiatrists:**

1. **Foot Care:** Inspect your feet for any blisters, hot spots, or signs of irritation. Clean and apply appropriate dressings to prevent infection and aid healing. Consult with a podiatrist if you experience persistent pain or discomfort.
2. **Proper Footwear:** Ensure you have the right cycling shoes that fit well and provide adequate support and cushioning. Ill-fitting shoes can lead to foot pain and other issues.
3. **Foot Exercises:** Perform foot and ankle exercises to strengthen the muscles and improve stability. This can help prevent injuries and promote faster recovery.
4. **Gradual Return to Activity:** Following the event day, start to increase your activity level gradually and slowly as your body recovers. Avoid pushing yourself too hard, too soon, to prevent overuse injuries.

Remember, these tips are general in nature and may not be suitable for everyone. It's always best to consult with healthcare professionals at Allsports Physiotherapy and My FootDr we welcome your contact to provide personalized advice based on your specific circumstances.

