

Notes from the Physio tent: Laguna Seca edition

Howdy Drake riders and families. Two races down and we are looking strong. Everyone is working hard and it shows. All that training and racing can lead to the inevitable aches and pains. Probably had the busiest day so far in the Physio tent. So in light of some of the trends I'm seeing, I'd like to take this opportunity to remind you all of the importance of stretching. There are a lot of tight hamstrings and quads out there, as well as some tight and painful low backs.

Here is a gentle reminder of how to stretch out your hamstrings, quads and low back.



And my basic yoga suggestions for your low back. Prop up on elbows, then move into child's pose. 2 variations for child's pose, with a side bend and rotation component.



Recommendations: hamstring and quad stretches, daily, hold up to 30 seconds, repeat 3 times each side

Yoga poses, 2 to 3 minutes per session, moving into and out of position. Stretch sensation OK, avoid pain. Daily for riders with some ongoing low back pain, every 2 days for maintenance for riders without back pain.

See you all next race.

Cowboy Trev