

LIST OF TABLES

	Page
Table (1) : Soft tissue injuries in junior cyclists.	79
Table (2) : Soft tissue injuries in senior cyclists.	82
Table (3) : Site of injury in relation to studied group.	85
Table (4) : Anatomical site of injury in relation to studied group.	85
Table (5) : Type of soft tissue injured among the studied group.	86
Table (6) : Distribution of injuries in junior cyclists.	87
Table (7) : Distribution of injuries in senior cyclists.	88
Table (8) : Affected side in both junior and senior cyclists.	89
Table (9) : The relation between performance and injuries.	89
Table (10): The occurrence of injuries in relation to season of cycling.	89
Table (11): Similar soft tissue injuries in both junior and senior cyclists.	90

LIST OF FIGURES

	Page
Figure (1) : Superior phase of pedaling.	4
Figure (2) : Inferior phase of pedaling.	4
Figure (3) : Final phase of pedaling.	6
Figure (4) : Proper position of cycling.	6
Figure (5) : Team road race.	12
Figure (6) : Individual road race.	12
Figure (7) : Individual trak race.	13
Figure (8) : Tandem track race.	13
Figure (9) : Measurements of race bicycle.	14
Figure (10) : Measuring the position of cyclist.	14
Figure (11) : Knee position during pedaling.	20
Figure (12) : Good style on the bicycle.	20
Figure (13) : Different positions to overcome the wind.	21
Figure (14) : Uphill and down hill cycling.	28
Figure (15,A): The anatomical site of injuries among the studied groups.	91
Figure (15,B): The anatomical site of injuries among the studied groups.	91
Figure (16) : Types of soft tissue injuries among the studied groups.	92

	Page
Figure (17) : Distribution of injuries among junior cyclists.	93
Figure (18) : Distribution of injuries among senior cyclists.	94
Figure (19) : The affected sides in both junior and senior cyclists.	95
Figure (20) : The relation between performance and injuries.	96
Figure (21) : The occurrence of injuries in relation to season of cycling.	97
Figure (22) : Single and combined injuries among the studied groups.	98
Figure (23) : Tibial apophysitis.	99
Figure (24) : Patellar retro - bursitis.	99
Figure (25) : Arthroscopy of the knee showing chondromalacia patella.	100
Figure (26) : Sonography of tendo Achillis tendinitis.	100
Figure (27) : Patellar tendinitis.	101
Figure (28) : Medial patella plica syndrome.	101