INTRODUCTION

Cycling is an extremely popular sport, at all levels and is engaged in by athletes of all ages. It is a well balanced sport, is self-limiting and convenient, hence its enormous popularity. The injuries which occur are invariably as a result of falling off, or of a machine which is not correctly balanced for the cyclist. It is easier to consider the problems with which cyclists present on a regional basis throughout the body. (Tucker,1992)

Many sports require athletes to perform their tasks and exercise their skill using an accessory, apparatus, or machine. Cycling, however, is the only sport for which a working relationship exists between human and machine, the machine becoming an extension of the body. Therefore, to function efficiently, the bicycle must fit perfectly with the body. (Griffin,1994)

Sport injuries occur as a result of physical activities carried out either for general recreational purposes or with more professional goals in mind. They may be caused by accidents or by overuse, and they do not necessarily differ from injures sustained in non sporting activities (Peterson and Renstrom, 1990).

Most sport injuries in cycling are minor and would not prevent the average athelets from continuing their daily activity, but some injuries due to road accidents are more serious and fatal. Cycling differs from other sports that the stades of races are roads, tunnels and bridges with their risks (De Mondenord,1987).

The atheles who participate at championship level, require not only correct diagnosis of their injuries, but also early diagnosis followed with complete treatment so that they can continue to produce good performance within a short time of absence from their sporting activity (Peterson and Renstrom, 1990).