Swim, Bike, Run: A Biomechanical Approach to Common Injuries in Triathletes

American Physical Therapy Association Combined Sections Meeting 2017
San Antonio, TX
February 17, 2017
8:00-10:00am

Course Description
This ‘rapid-fire’ format of case presentations will highlight common injuries seen in triathletes by describing how these injuries affect all three disciplines of the sport. For example, a triathlete who develops anterior knee pain cycling can have that pain manifest in the other two disciplines of triathlon, especially if they have suboptimal biomechanics. The moderator will introduce body region specific cases and a content expert in swimming, biking and running will each discuss how they modify biomechanics in each discipline as part of their treatment strategy. This session is intended for clinicians who treat all components of the endurance athlete, and who want to learn about the clinical utility of modifying discipline specific biomechanics in triathletes.

Course Objectives
At the conclusion of this course, you will be able to:
1. Recognize common musculoskeletal injuries seen in triathletes
2. Describe how one injury can affect the swim, bike and run components of the triathlete
3. Identify common biomechanical faults in running, biking and swimming that may contribute to these common injuries
4. Understand the basic treatment approach for each of injuries discussed

Speaker Information
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This is a preliminary handout. Full handout will be posted on SPTS website on the CSM handout page on the day of the lecture.
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The speakers have no relevant financial relationships to disclose.

Running References:

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**Cycling References:**


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42. Barratt PR, Korff T, Elmer SJ, Martin JC. Effect of crank length on joint-specific power during maximal cycling. Medicine and science in sports and exercise. 2011;43(9):1689-97

Swimming References: