



"Bicycling science and medicine in a book  
every cyclist wants and needs."

—Ed Burke, Ph.D., author of *Serious Cycling*

# BICYCLING MEDICINE

CYCLING NUTRITION, PHYSIOLOGY,  
AND INJURY PREVENTION AND  
TREATMENT FOR RIDERS OF ALL LEVELS

**Arnie Baker, M.D.**

AUTHOR OF *SMART CYCLING*

*Arnie Baker*

**Bicycling Medicine: Cycling Nutrition, Physiology, Injury Prevention and Treatment For Riders of All Levels**



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Whether you're a novice rider or a championship racer, *Bicycling Medicine* demonstrates how to prevent and treat all sorts of bicycling-related aches and pains. A special section on bicycling physiology illuminates the demands cycling puts on your body, and thorough discussions of diet plan, exercise, and nutrition reveal the best methods to keep your performance at its peak. Trainer Arnie Baker, MD, explains how to diagnose minor and major problems, offers do-it-yourself solutions, and alerts you to conditions that require a doctor's attention.



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Actually for "Riders of All Levels." Incredibly complete. Therefore many books on cycling health or training start with an assumption that your last name is Merckx, Armstrong or LeMond. Biking is definitely, for me, the most excellent method for someone over weight and in poor cardiovascular wellness to find yourself in shape, as few other activities allow someone to ease into better functionality. Being among those people, I was persuaded to get Bicycling Medicine because the subtitle stated "for riders of all levels.. The author seemed to have a boiler-plate approach to presenting details. I liked his very conservative view of medication.. when, where, how, and how often, to train; Bicycling Medicine An excellent text that needs to be mandatory reading for all cycle instructors [interior and outdoor]. Baker actually discusses how exactly to urinate while riding, which part of your body is most beneficial to rest on, and how exactly to shave your legs. Each chapter tackles one subject in a succinct manner - short, easy, but adequate. The number of topics protected is merely astounding. There are newer books with more up to date information. effort, vitamins, performance aids, heart rate training, muscle physiology, optimum cycle fit, injury treatments, medical problems and general health. Most chapters begin with "What We're DISCUSSING" that introduces and defines the topic before delving more deeply involved with it. The book is split into five parts, and further divided into 81 mini-chapters. This publication has been a big help to me in pursuing those desires. That is essential in understanding injuries and how exactly to treat them. It is a fantastic starting point. My complaints are very few, and are to be looked at more of ideas for later editions. A couple of additional figures could possibly be useful in the bike fitting sections. It offers us a heads up on the normal riding ailments and recommended treatments/preventions. He will not hype techniques and products, and gives a balanced look at of advantages and disadvantages of the subjects. Baker casts an adequately jaundiced attention on current "health" fads (botanical/natural preparations, hormones, vitamins, etc. This is filled with useful guidance, told in a friendly yet authoritative way, and inspiring as well. One day, I started to feel discomfort in my own left knee. I've gone through additional books that cover the same or similar ground, and this is actually the best. "Handlebar position" on p. Baker's publication has a table for knee pain -- front of knee, back, inside, and outside. "Fewer calories are had a need to travel at the same swiftness" doesn't make total feeling without establishing the distance over that your speed was maintained. 97, energy and power are confused. This is important to an engineer such as for example myself, and I believe the author understands it, too, but got lazy at this stage with the terminology (work is energy and is definitely therefore not really measured in Watts, which can be power). Five Stars Very informative and useful for me personally. Outdated Bicycling Medicine The writer makes statements that are no more valid,

current, or that are flatly inaccurate. And the related example confuses me more. Is overall economy energy per length, or energy per acceleration? On p. Figure 1-4 has "Low," "Moderate," and "High" exercise intensities on the x-axis of the graph, and in the text he defines these as 65%, 75% and 90% of maximum heart rate. good resource This is an excellent book for all who ride. Again, I consider these complaints minor. I would recommend this publication to everyone who is beginning cycling and wants to routine for fitness, or has any desire to measure and improve his performance. Most of the statistics in the books are of a childrens favourite demonstrating an extremely complete array of stretching exercises. NSAID medicines are actually recognized to have deleterious effects on our bodies. Someone with years of cycling involving some kind of training could find the book relatively basic, though, nonetheless it may still become a useful, very general, reference. On pp. An excellent addition to my cycling library. but I've suffered my share of "road rash" and strike my personal wall more than once while range touring. A few of the subjects are nutrition, energy use vs. I'll maintain it on my reserve shelf but won't utilize it much.) He honestly discusses the limitations of medicine and medical tests. Well researched with excellent bio-mechanics and safety problems covered. Answers all the BS I hear when I really do tours. Great book! May not be the best in the field, but it covers all of the bases. A winner for anyone who is even remotely serious about cycling. Belongs on your bookshelf so you have it when needed Well-written, extensive. Dr. He writes with the authority of a physician and the wisdom of a practicing cyclist. Browse the book for the topics of immediate interest and then store it for speedy access when needed. enthusiast123 A good book." (p.149 could have been illustrated. For each, he provides causes and recommended solutions. In my case, the publication identified saddle height as a likely cause and suggested increasing it. I did so. The discomfort went away. I cannot imagine obtaining an area doctor competent to provide such a medical diagnosis. It helped me figure out my knee discomfort which I appreciated! Provides great insight from the writer and is a good foundation for growing in the sports medicine field! The BEST Advice I enjoy ride lengthy distances, and I love to ride as often as I can, but you'll never see me away racing. I would like to be as healthful about any of it as possible, to remain as fit as I can, and to know very well what I should to accomplish to be a better rider. He discusses gender-specific topics truthfully and maturely, as you'll expect from a physician. I've read it over several times, and I always get something new from it. 119) I think I get it, but I'm still nearly sure. Baker is an extremely clear article writer, and he's not totally sucked into racing like various other bicycle health writers. position from the horizontal shaped by the knee at the bottom in the pedal stroke. Important advice for tour leaders and participants Dr...) and keeps the discussion focused on sound medical practice and

nourishment. how exactly to treat a sprain; A little out dated It is a good book and helpful nevertheless, you have to keep in mind it had been written about enough time the initial power meter arrived so it is a while. Baker "knows his stuff". Easy to read and well-laid out. If you would like to know very well what fuels your muscle groups; I'm not really a racer in any feeling; (After reading the consequences of an excessive amount of vitamins, you will probably not need to take supplements once again. what "crotchitis" can be and how to treat it -- that is your reserve. It's going into my library of primary training materials for our personnel. My personal experience: I ride daily. Baker's assistance is helpful for both prevention and treatment. Very little to state about impotency controversy but just about any basic cycling concern is otherwise covered. And even if I could, compare the price in time and cash versus the comfort and price of Baker's reserve. 110-111, while I understand efficiency very well, I am kind of dropped by his definition of economy. One diagram stated that muscle tissue put on bones by a ligament. This is not true. Muscle tissue originate and put in into bones via a tendon, with some tendons longer or shorter than others, and with muscle/tendon transitions having different anatomies. The book is sparsely illustrated, and does not require many additional figures, but if you want lots of glossy photos of racers slicing through corners to keep your attention, you will not find them here. Arnie also opens up this issue of diet with the USDA Food Pyramid, another problematic scheme, since we have now know that a higher percentage carbs diet of breads, cereals and pastas can be a way to obtain stripped-down carbs, bad quality carbs. The medical tips for treatment of painful conditions is outdated. After scanning this book, you should have more than enough understanding to ask additional questions or to look for more in-depth assets on the topics that interest you most. 3s (novices who just want to ride even more) nervous about taking on an event or increasing their range because they're convinced by the No. And, specifically for neck and back pain, chiropractic ought to be the 1st choice, since it has been demonstrated in several studies over the years to be effective and safe. Lance Armstrong couldn't possess performed well without his chiropractor.. " This book holds true to its title. The writer, Arnie Baker, is a physician, a competitive cyclist and cycling coach. A No-Nonsense Approach Anyone who rides may benefit from the great information and tips found in this book. You'll also find out about common bicycling accidents. Why not just put those value on the graph? I was a little puzzled by ". Highly Recommended by this Exercise Physiologist Excellent! Generally, there are two kinds of riders in the world: 1) individuals who ride, ride with others, and also have expert knowledge predicated on experience, and 2) people who read and talk about riding, buy only the very best and most expensive products, yet have trouble with such simple tasks as navigating obstacles or managing heat loss. The No. 2s away

there are obsessed with weighing pasta, exact calculations of cadence, heartrate, aerodynamics, and shedding single digit grams from their bicycles. The No. 2s also make the No. Current research suggests that NSAIDS interfere with the curing of tendons. 2s that they haven't the expertise or elite equipment needed to ride 'seriously.' This book dispells the witchcraft of cycling.



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