



### **ADVICE FROM USEF BIOMECHANICS COACH**

Dear Athletes,

During this time of competitive and social isolation there are many areas that can be addressed positively to enhance performance in the future. I have set up a confidential face to face video conferencing facility to be able to discuss anything related to injury and fitness. All you need to do is email me at [andy@eventphysio.com](mailto:andy@eventphysio.com) and we will arrange a specific time to suit you. You can also message me at any time through WhatsApp or text message on +447725646096.

Fitness: this is always an individual specific topic and you will all have discussed how you maintain a level of fitness during a competitive season with me in the past. During a time where competition now is limited it is important to change your fitness programs accordingly.

Before embarking on anything new be careful as this in itself may cause injury to you. There are many virtual apps and online resources that you can tap into depending on the type of exercise that you need to help you but please discuss with me if you are unsure. It may be important to you to add an element of competitiveness to the exercise and I would recommend this however do not be competitive during every form of exercise!

Many of you will have my app of activation exercises to do pre-riding. I would also encourage you to do these before any other form of exercise you do. I can add on any exercise to this app should you need anything extra. If you do not have my app just email me and I will send you a link to set it up. The app also allows you to message me.

Injury: This is an opportune time to resolve any small issue or progress your existing rehab programs. You may find it difficult to access local treatment facilities due to social distancing but utilising the confidential video facility with me may help. Many injuries can be managed using a "hands off" approach.

Should you develop any new injury please let myself and Mark Hart ([markvhart@gmail.com](mailto:markvhart@gmail.com)) know ASAP.

Kind regards,

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