

Abstract

Title: The most common health problems for mountain bikers.

Objectives: Uncover the most common localities of health problems of mountain bikers. Find the differences in selected localities of health problems of men and women.

Methods: Data were collected using questionnaires with nine questions. Data was been collected after the race mountain bikes for 50 km. The most important monitored parameters were sex and location difficulties.

Results: 57 male and 33 female randomly selected recreational cyclists responded to questionnaire. The most common anatomical sites for overuse injury/complaints reported by the male and female cyclists combined were the neck (22,23 %), followed by back (14,44 %), small of the back (13,33 %) and without difficulty (10,8 %). Significant differences were observed between male and female site selection problems. List of health problems in women: neck, knees, back, small of the back. List of health problems in men: neck, without difficulty, small of the back, back.

Keywords: mountain biking, health problems