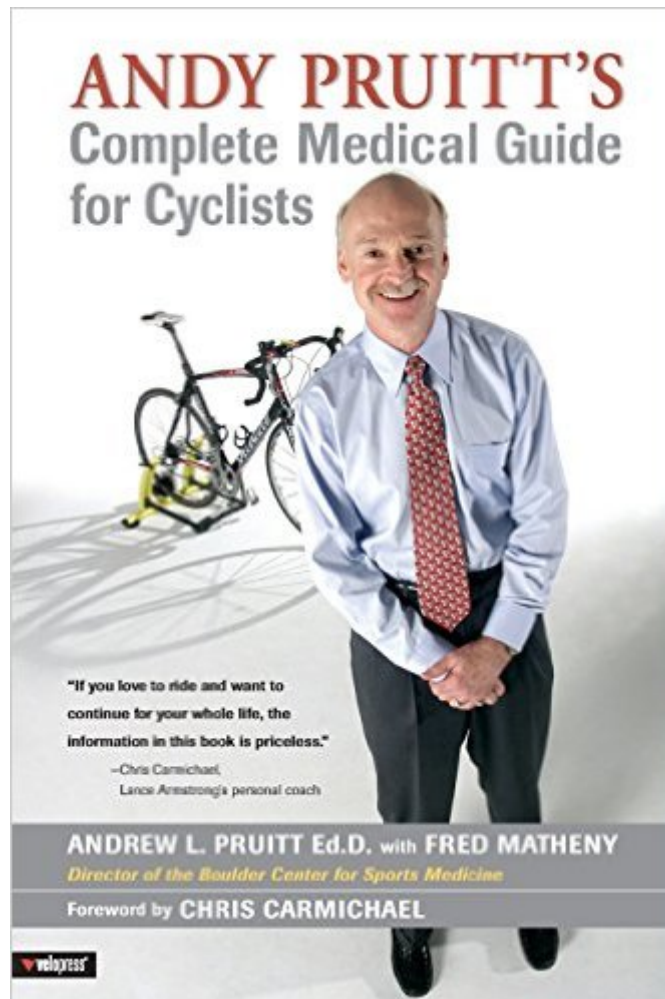


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# Andy Pruitt's Complete Medical Guide For Cyclists



## Synopsis

Andy Pruitt's expertise in preventing and treating cycling injuries is renowned throughout the sport's professional ranks. Here, he makes his years of experience available to all cyclists. He describes the sport's most common ailments, identifying the symptoms and causes as well as treatments that keep athletes on the road. Written in an accessible, straightforward manner, the book tackles everything from personal training programs to biomechanics, from aging to riding through illness. Finally, riders learn how to make important adjustments to bike fit, leading to increased comfort, power, and efficiency.

## Book Information

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## Customer Reviews

If you want a decent book about bike fit, this might be a book for you. But I have mixed feelings about this book, and overall wouldn't recommend it if you're expecting a complete medical guide for cyclists. Despite its title, this book is not "complete," as claimed. It doesn't touch on a lot of issues for riders, like riding in cold weather, for instance. Arnie Baker's book is more complete ("Bicycling Medicine"). Pruitt's main focus seems to be on bike fit, and here he seems to know what he's talking about, even if his ideal approach is inaccessible to readers of the book (you have to go to his lab and get reflectors put on you and a movie made). The book is very thin. At its best, this means the author is concise, and some of his insights are great. At its worst, the book seems superficial. The section on supplements is most troublesome. Here, the author seems compromised and conflicted. He allows a physician who has a particular view of hormones, supplementation, and athletics to essentially write in the book, and even to push his products. I was a little insulted by this. Overall,

this book probably wasn't worth the money for me -- it isn't complete, and has a lot of internal deficiencies.

I have far higher expectations than most when it comes to details, so I may want more than you do... Andy Pruitt does a great job of bringing together the state of the art in terms of basic issues with fit and cycling-related challenges. The book is well written and well organized, and covers just about anything a serious new rider would need to know; I see it as a must-have for anyone in the business of selling bikes so that their customers get good advice in a world where truly awful advice still reigns... in my 20+ years of racing and ultra events, I've seen or felt nearly every issue described in this book, and I would have appreciated the information years ago... where it falls short are in the finer points of fit when it comes to less common challenges or body types-- I'm constantly asked for advice from hard-to-fit cyclists and it would be good to have more detailed science behind some of the information in this book in order to better understand how to make tradeoffs in less-than ideal situations. Another area that would be helpful would be more information on the linkage between bike fit and performance, at least in terms of how small changes can make a big difference when you get into the details... all in all, I count this book a winner because it brings together a lot of information that's out there but not so easily found or digested. The bottom line-- The average cyclist will definitely benefit from using the information in this book. Every bike shop and bike sales-person shouldn't sleep at night if they don't have at least a basic knowledge of this information. Bike racers absolutely must know these things or they're wasting energy and maybe even doing harm to their bodies out there.

I was evaluated by Andy in the early 90s for IT Band Syndrome. There is no more knowledgeable person on the practicalities of cycling biomechanics than Andy. This book contains a huge amount of information on bike fit, injury prevention, and injury treatment. I recommend this book for every cyclist of any caliber who has questions about fit or injury. My only complaint about the book is that Andy is a bit self-promoting in it; talking about how he fixed EddyM's bike fit issues, and how he fixed this or that world-class athlete's problem. Don't get me wrong; I have no doubt that he is telling the truth, but at some points, the comments seem a bit out of context.

If you are like me and have taken up cycling because of knee problems, Chapter 5 makes this book worth the money. This is the single best description of common knee problems and advice that I have found. I have spent years researching knee problems and remedies, and stumbling across this

book has been the best coup. If you suffer from knee problems but don't cycle, buy this book. If you are in the medical profession, buy this book because your patients will love you. I have seen close to 20 different doctors, physical therapists, and specialists and none could describe all of the common knee issues and problems this completely, simply, and thoroughly.

This book is truly amazing! If you actually take the time to sit down and comb through this wonderful book of knowledge, and of course apply it, you will have the perfect fit on your bike that's second to none. If you're an avid cyclist, you absolutely must get this book. Period.

42 y/o road racing 4 years, track 1 year. Not every step of the fit section makes sense to me, but overall many great tips. Was surprised to find in the knee ailment section a description of one mysterious pain episode that I had in the past and why it happened! Would have omitted the supplement section which he attributes to another source...if it's not in his wheelhouse not sure why he felt compelled to include it...others cover that in detail in many other sources (for what it's worth). I think calling it a "medical guide" doesn't do it justice. He's not a physician, but in his physical therapy and fit career he now knows more about fit and fit problems than anyone, it seems. Essentially it's a bike fit guide, along with ailments you get when bike fit isn't perfect! Great add'n to any cycling enthusiast's library.

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