



Recovering From  
*L'Étape*

by Tim Marsh

## Treatment/Massage

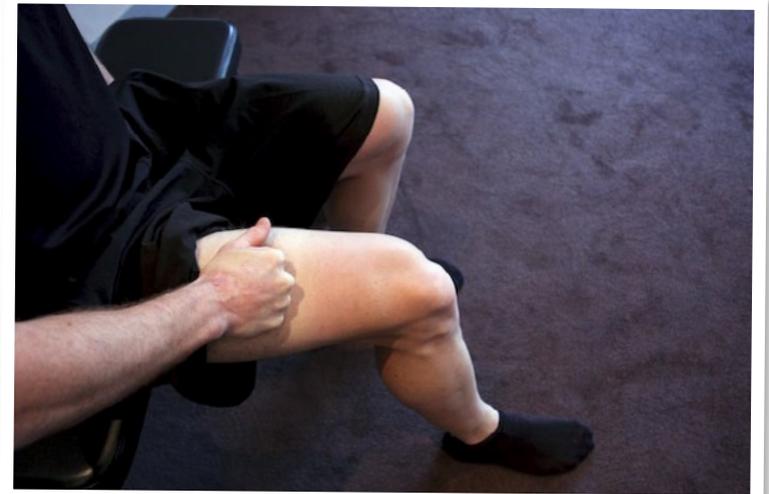
Getting a friend to treat your ITBs is very effective in helping to release the muscle. It is important to massage from the knee up toward the hip. Use the fingertips, knuckles or even thumbs.



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Use **massage cream** and your fingertips or knuckles to push your fist from the top of your quad to your knee. Rotate your hand so it flattens as you slide down the leg. You can also do this to the top of the legs, inner legs - around toward adductors, and the sides - around near the ITBs.

Always stroke from the hip toward the knee.



## Hamstring

The hamstrings are a very important muscle group for the cyclist. Not only do the hamstrings help keep the pelvis in good alignment, they also help the glute max deliver a good amount of power in both the bottom of the down stroke and in the transition into the return.

The hamstrings are made up of three muscles all acting in essentially the same way to produce hip extension and knee flexion.

Tight hip flexors almost always cause extra tension to be placed on your hamstrings due to a poor pelvic position. Always keep in mind that loose hip flexors, covered in detail in **this section**, will help you have loose hamstrings.

Hamstrings are easy to stretch effectively but hard to self treat, so you may need to recruit a friend to help you in this self treatment with some massage, applied in the same manner as the hamstring self treatment.

## Treatment/Massage

Lastly, and this is for those not faint of heart, you can phone a friend for some massage.

This is done as shown below, or by moving the thumbs up and down the calf to work the knots out.

In the images below, a friend is shown grabbing the calf on either side, feeling for those knots, which are easily found after such a long ride. You simply have to lie there and rotate your foot. First point to the roof, then take 2 seconds to rotate to the floor.

After each rotation, your friend can grip your calf a bit harder.

Have fun!

