Footnotes:
The authors would appreciate details of any robust studies in support of effective rehabilitation strategies designed to control pronatory forces.

For more information visit our website: -  http://www.njdsportsinjuries.co.uk/

Sources


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Graduate Sports Therapists Nick and Nicola Dinsdale, father and daughter team, run **NJD Sports Injury Clinic** in Clitheroe, Lancs. UK. The family clinic is recognised for its strong evidence-based approach to the management of sports related musculoskeletal injuries and its keen interest in working with competitive cyclists. Patients include professional cyclists from across the various disciplines, in addition to British Cycling officials.

Nick specialises in foot dysfunction and how it impacts on cycling performance. This article contains unique findings taken from his own research recently carried out at Manchester Metropolitan University. Nick has worked with The Great Britain Cycling team both domestically and overseas and is a past National Cyclo-Cross Series winner.