



TRAINING TIPS

KNEE OSTEOARTHRITIS AND THE SPINNING® PROGRAM

Osteoarthritis is a condition caused in part by gradual wear and tear on the joint, and occurs commonly in the knees and hips. The condition may be a leading cause of disability in adults, but it doesn't have to limit you. For a fitness-training experience that will keep your knee joints stronger longer, go to a Spinning® class!

For years, it was commonly believed that exercise might worsen the joint integrity and decrease function. However, a study conducted by cycling enthusiast Greg Marchetti, PhD and rheumatologist Kelly Krohn, MD has brought to light the positive aspects of the Spinning program for those with osteoarthritis of the knee.

The study followed 41 volunteers with an average age of 57, all with confirmed osteoarthritis. Participants in the Spinning group took part at least twice a week in a class designed specifically for their condition, while the control group continued their regular fitness routines.

After the 12-week evaluation, participants in the Spinning group had greater improvements in walking performance, experienced less pain when walking and had less symptom-related disability than the control group.

Spinning is a non-impact exercise that delivers a great cardiovascular workout while strengthening the leg muscles that help to stabilize the knee joint. Stick to the following guidelines for a safe and effective ride.

MOVEMENTS

To keep weight off the knees and reduce the risk of hyperextension of the knee joint, keep to these core movements: Seated Flats, Seated Climbs and limited Standing Flats for saddle relief. Avoid Jumps, Jumps on a Hill, Sprints and other advanced movements. Remember that the goal of riding for those with osteoarthritis of the knee is to improve function and mobility of the joint while improving cardiovascular fitness through aerobic training.

CADENCE

To decrease the physical forces of the flywheel and to protect joint integrity, the following cadence ranges should be observed: 80–100 RPM on flats and 70–80 RPM on hills.

RESISTANCE

Light to moderate resistance will allow for a smooth pedal stroke while avoiding undue stress to the knee.

INTENSITY

Moderate-intensity exercise provides a good aerobic training program for health and well being. To achieve aerobic training, you should stay at 65–80% of your maximum heart rate.

For more information about the Spinning program, visit www.spinning.com or call 800.847.SPIN (7746).

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