

WHO'S TAKING CARE OF THE BIKERS?

AN ASSESSMENT OF PHYSICAL THERAPY SERVICES IN THE MOUNTAIN BIKING COMMUNITY

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LEARNING OBJECTIVES

- Assess injury rates, prevalence, and subsequent medical interventions utilized in treatment
- Examine association of injury types and physical therapy outreach
- Examine association of injury types and satisfaction from skilled intervention
- Discuss the implications of findings, including our assumed effectiveness in injury management

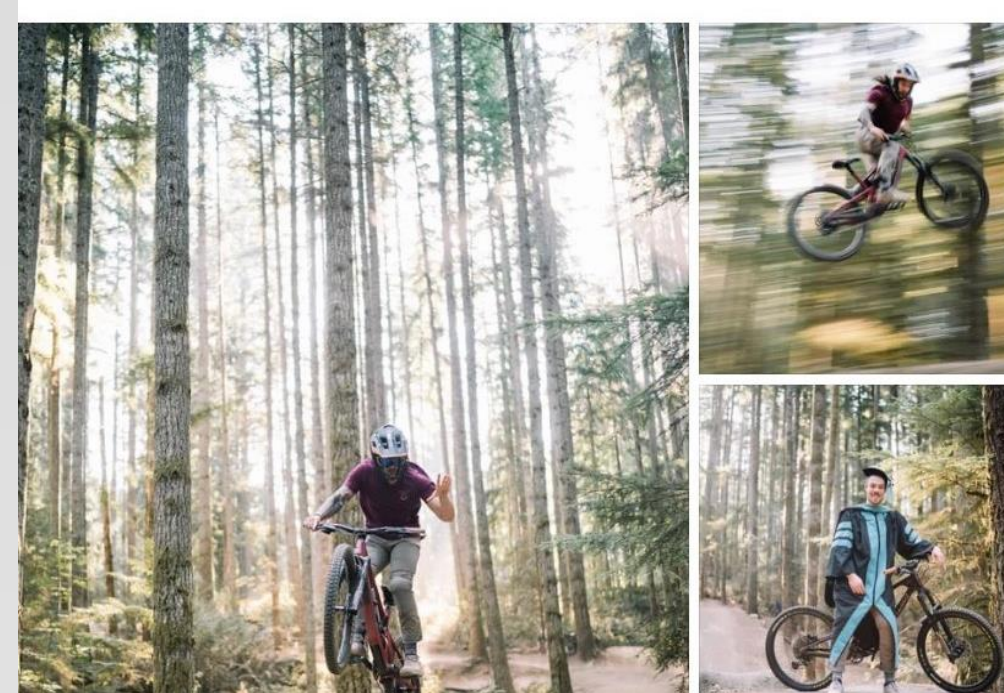
INTRODUCTION

Mountain biking injury incidence rates have been moderately studied, often centralizing around the types of injuries sustained or a specific subset of injuries. Some studies have explored health benefits as well as specific populations. However, limited research exists beyond visits in the emergency department or on scene at the time of injury. Mountain biking injuries are often severe enough to require collaborative interventions from multiple medical providers. To date, no study exists that identifies the relationship between the type of care received for specific mountain biking injuries and perceived quality of care in physical therapy. This study's primary purpose was to identify and observe the relationship between physical therapy and the impact and reach on fringe sport athletes, specifically mountain bikers. Secondly, this study aimed to assess prevalence and trends of injuries sustained by participants in the mountain biking community.

METHODS

An online Google survey was sent to sport participants, coaches, event coordinators, and disseminated through various online media platforms including Facebook and Instagram. Data was collected over a one-week time frame from individuals across the United States, Canada, and the United Kingdom typically near well-established mountain biking communities and trail systems. Data was then retrieved using Google and basic analysis to determine data trends.

Hello everyone!
My name is Chaz Manocchio; some of you may know me as DocManoc, as the NorPoint dude, or as your friendly neighborhood physical therapist. I am currently conducting research about mountain bikers- studying your injuries and identifying how I (and other PTs) can better serve our mountain biking community! I am kindly asking you take 5 minutes to fill out this quick survey about your participation in mountain biking sports, events, and related injuries. With this information, I aim to provide the physical therapy and medical communities with better informed care to get you back on two wheels!
I appreciate you taking time to participate!
SURVEY LINK: <https://forms.gle/f4zF5kakXmJGdY8k8>
P.S - I also ride! And thoroughly enjoy our community, so if you see me on the trails stop and say hi! (Pics for your enjoyment and for algorithms - also shoutout to Mike Flechtner for the amazing photos)



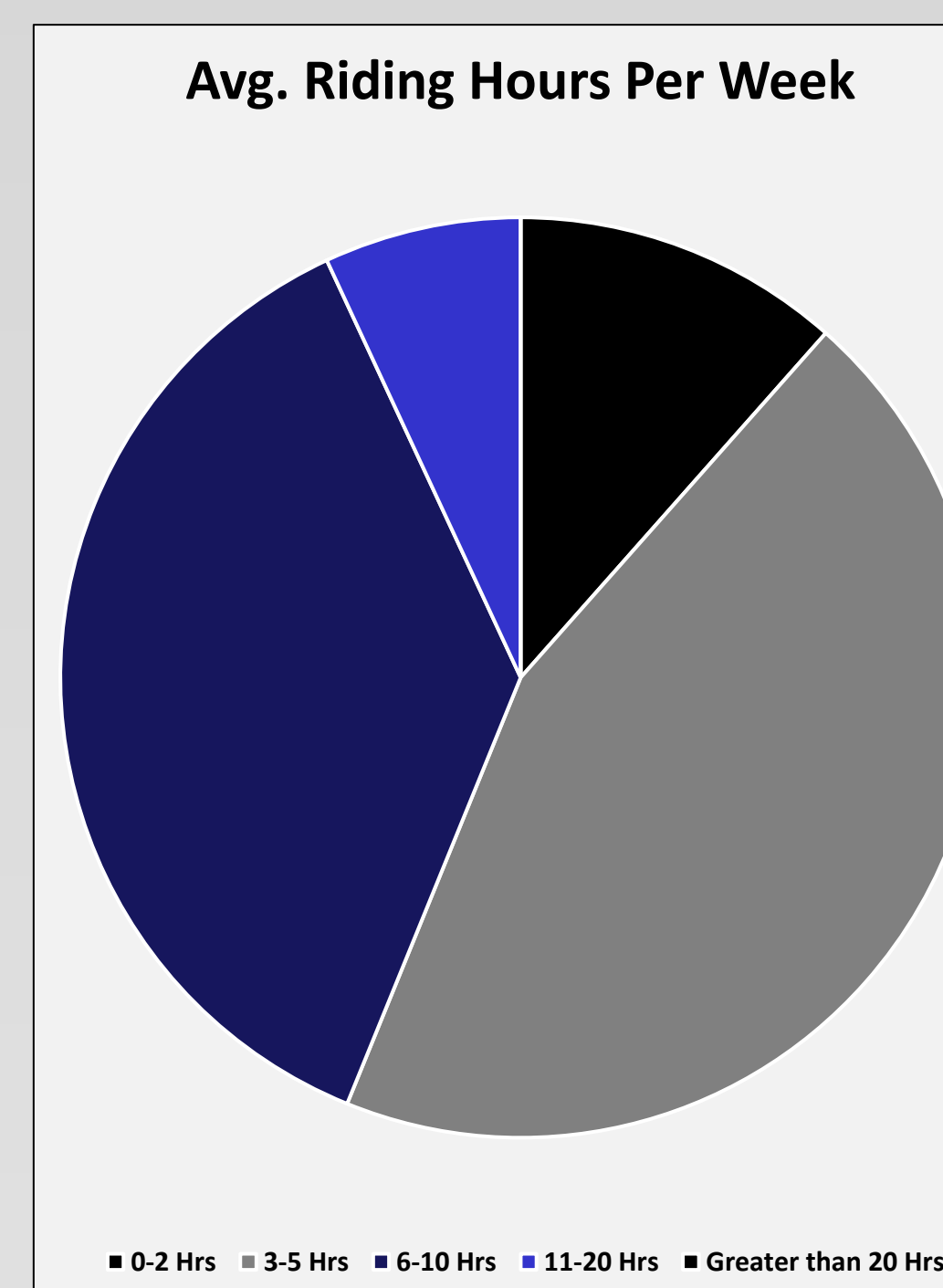
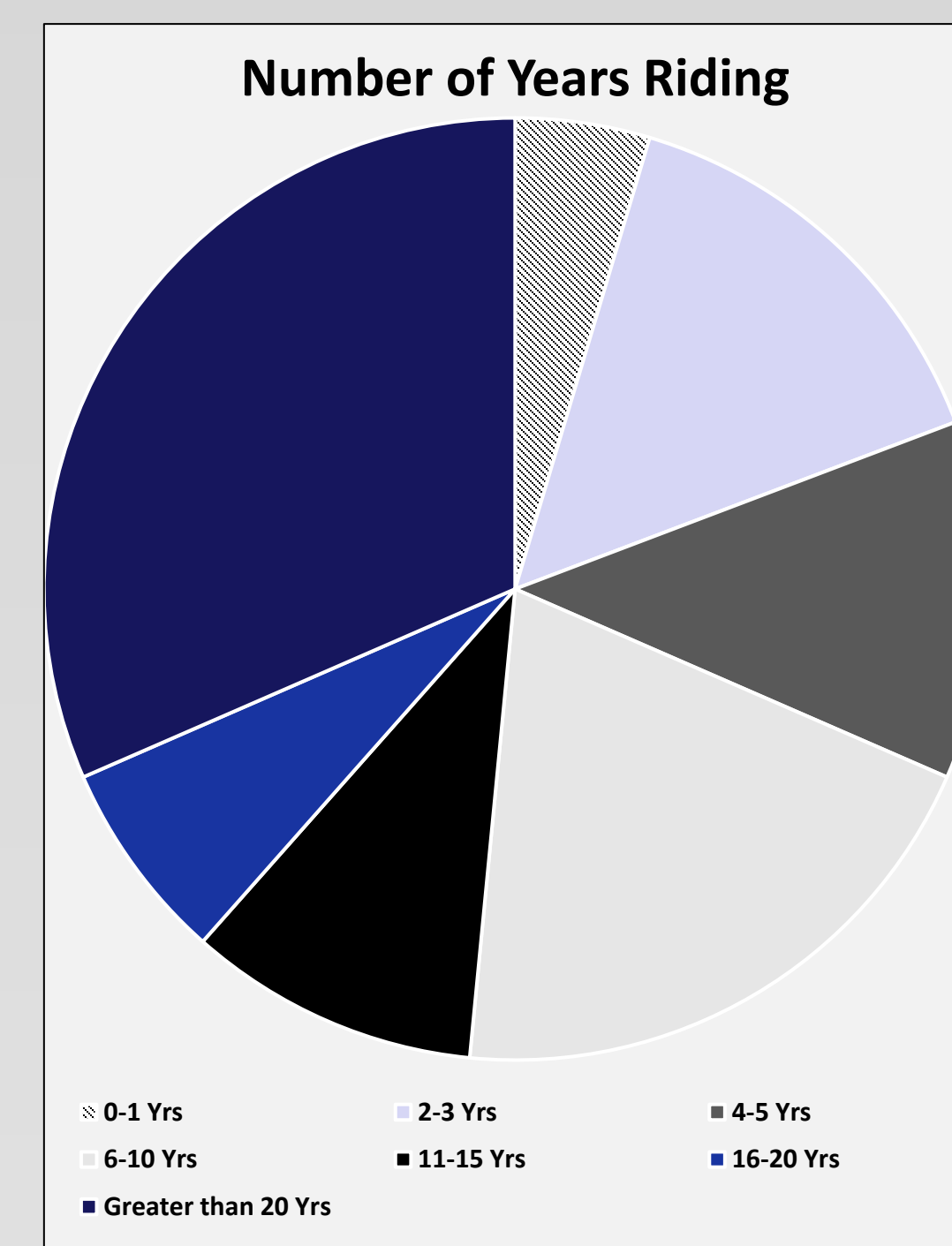
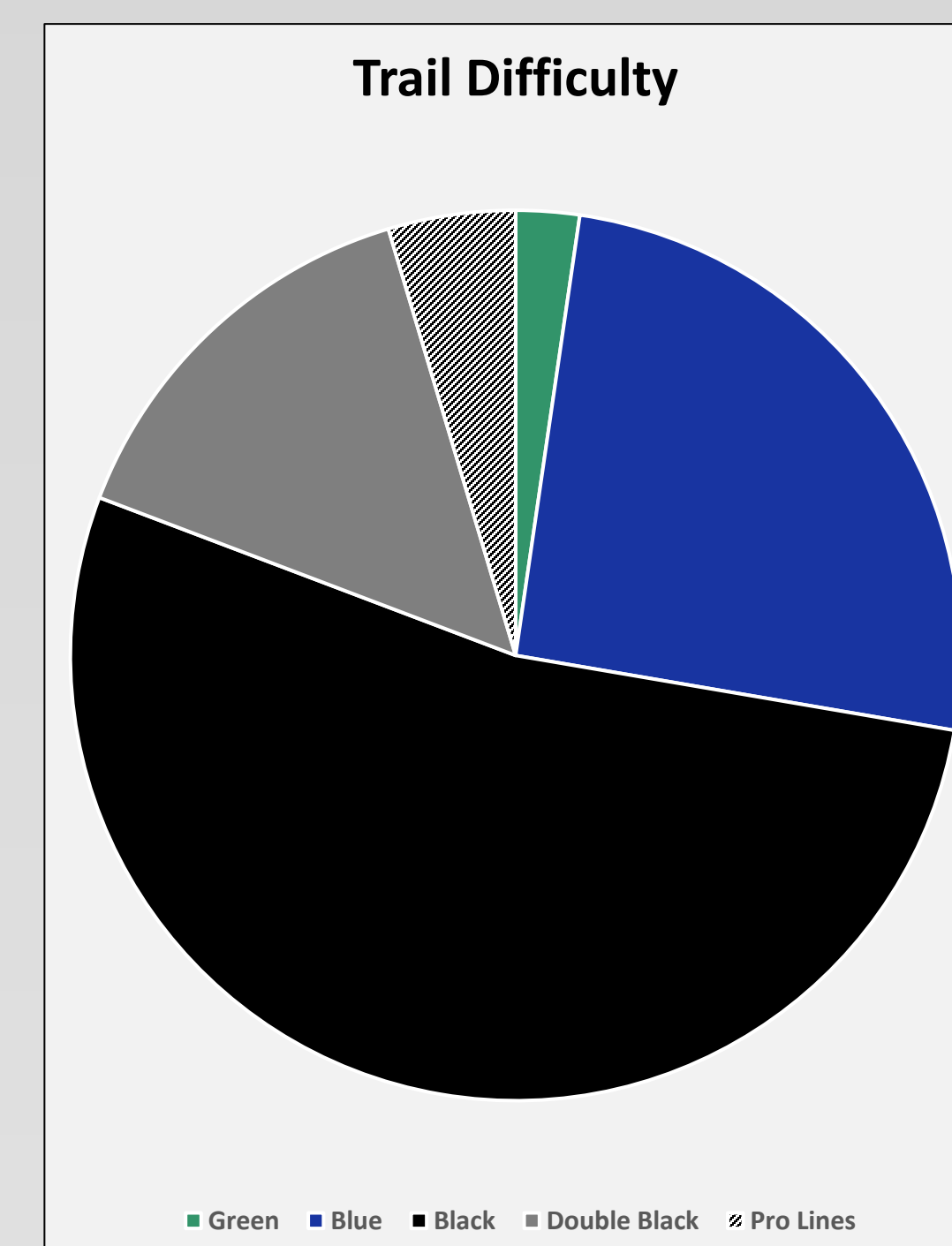
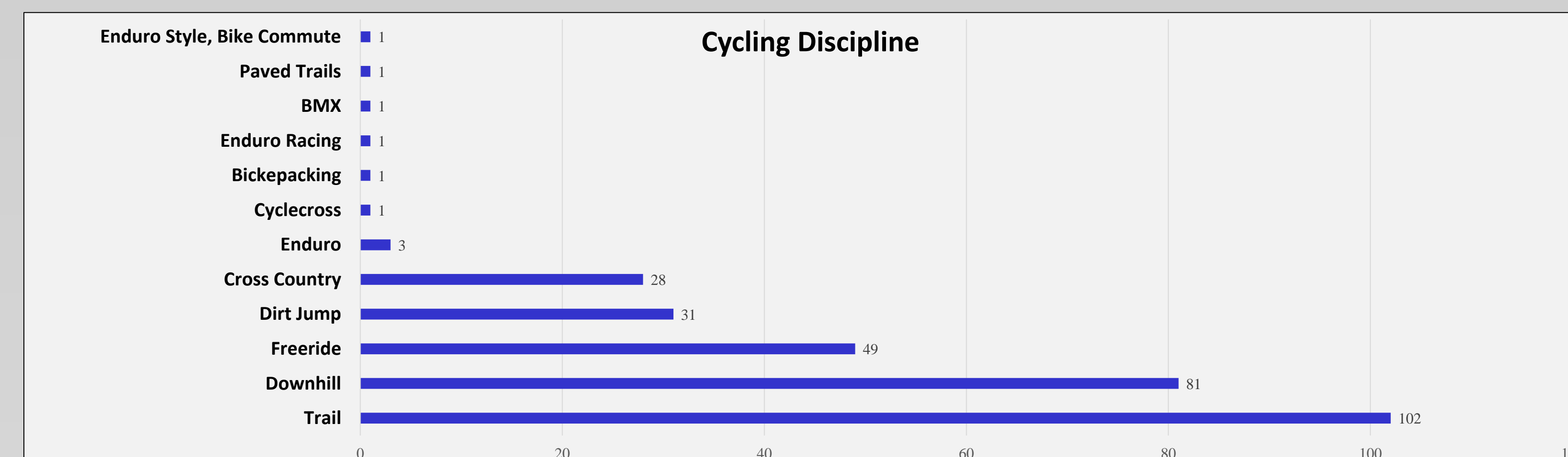
SURVEY



Who Takes Care of the Mountain Bikers?

Have you ever been injured while riding? We want to hear about it! This 3 minute survey will help to determine how physical therapy services can aid in your recovery process.

The survey consisted of eleven (11) total questions. Four (4) questions were related to mountain biking preferences and level of experience. Three (3) questions were related to mountain biking injury history and types. Two (2) questions were related to the participant's post-injury medical care, and two (2) questions were related to the participant's physical therapy experience.

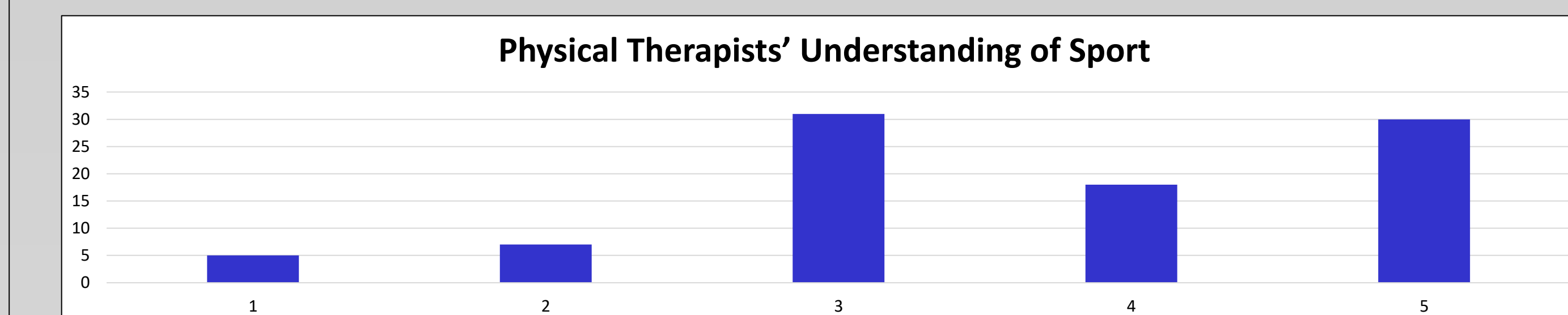
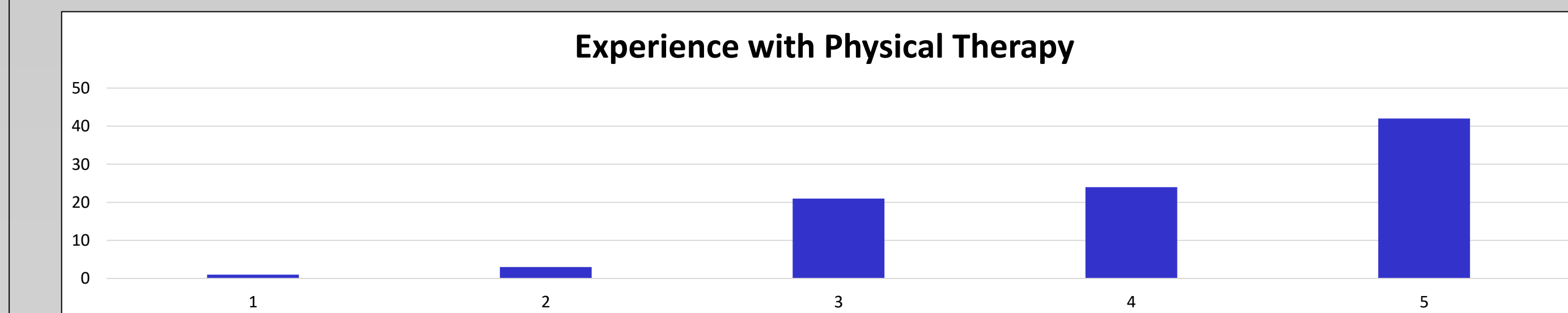


OUTCOMES

130 participants completed the survey, of which 117 reported sustaining an injury while mountain biking. Of these 117 individuals, 96 (82%) reported receiving medical care, and 65 (67%) of those individuals saw a physical therapist at some point during their recovery process. While the interventions and experience level of the therapists were not recorded, injured riders reported a better experience in physical therapy when they perceived their physical therapist to have a better understanding of their sport demands.

- #### Injuries Sustained
1. Skin Injuries (79.5%)
 2. Fracture/ Broken Bones (62.4%)
 3. Sprains (60.7%)
 4. Contusion (48.7%)
 5. Strain (45.3%)

- #### Medical Care Received
1. Emergency Department (70.8%)
 2. Physical Therapist (67.7%)
 3. Orthopedist (60.4%)
 4. Primary Care Physician (49%)
 5. Treated Onsite (32.3%)



DISCUSSION

This open survey study identified a relationship between perceived knowledge and patient reports experience regarding quality of care. Data from this study suggested physical therapists excel at treating familiar musculoskeletal injuries, and this may be reflected in patient's perceptions. As therapists understand more about the specific demands of our patients' sports, the perceived quality, thoroughness of care, as well as patient perceptions of therapy improve. While this study was a simple exploratory foray into fringe sport medical management, it lays the groundwork for future studies to observe this relationship in order to improve our effect and community outreach for the betterment of all involved.

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