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How The Mountain Bike Has Become A Common Apparatus In World Of Professional Football

As professional footballers are valued so highly by their clubs and paid large wages; they are prohibited from taking part in extreme sports. Clubs are unable to insure their players for such activities due to the fact that the risk of injury is so high. Even with this in mind there has still been a move in recent years to use the [mountain bike](#) in the world of professional football. Read on to discover why this is the case.

Assisting rehabilitation

The mountain bike was first introduced into professional football as a way of aiding injured players in their rehabilitation process. Whilst clubs didn't permit their players to take the sport to the extreme and take any risks; they did realise that the activity had some benefits in the recovery process. Clubs found that cycling is a great way for their players to rebuild muscle tissue in their legs without having to subject the body to activities that cause impact, such as jogging. In the past swimming had been the preferred sport for this stage of rehabilitation, but clubs now began using both in unison to build muscle and improve joint movement.

Injury avoidance

Physiotherapists and coaches then realised that the mountain bike could be used to actually prevent injuries, and its role in football evolved further. During the days building up to an important match clubs always fear that their key players will pick up an injury. By getting their players to carry out fitness conditioning on bikes rather than through running and jogging clubs remove the risk of impact injuries and twisted joints.

Improving performance

The use of the mountain bike was then developed further by fitness coaches as they realised that they offered a risk free way of recreating the training that is required for footballers to reach peak physical fitness. Intensive bursts on the mountain bike became more common as shuttle runs and sprints were to some extent phased out. This approach served to further reduce risk of injury whilst allowing the development of all areas of fitness.

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