

Achieve Your Best  
... We Can Help.

[www.humanperformancecentre.ca](http://www.humanperformancecentre.ca)

# HUMAN PERFORMANCE CENTRE

“A bicycle built for you”. We Can Help!

Bicycling season is here. In order to enjoy it, make certain that your bicycle fits your body size. A correct bike frame size for an individual's body is determined by straddling over the horizontal bar, between the handlebars and the seat. There should be a one-inch distance between the horizontal bar and your buttocks. This distance to the ground should allow for quick leg /foot movement from the pedal to the ground in order to avoid falling. The seat should be high enough that when one knee is almost straight, with the pedal at the bottom, the opposite knee is slightly below your hip level.

Road racing bikes have handlebars that are low for better aerodynamics. For someone with limited neck movement, elevated

handlebars would be more comfortable and provide a better visual field. A mirror further improves one's visual field. Elevated handlebars also help to reduce the potential for neck and back pain. Adjustable handlebar extensions are available in bike shops.

The benefits of bicycling are cardiovascular exercise and improving strength and endurance of the thigh and lower leg muscles and to a lesser degree, the abdominal muscles.

There is less force through the knees and ankles than during weight bearing activities, thus reducing compression related knee pain. By keeping your knees in line with your hips and ankles you will reduce the chance of bicycling related knee pain. As your thigh

muscles get stronger, your knees will have better support, potentially improving already present knee pain.

Remember, helmets are mandatory. Also consider daytime running lights so motorists are aware of your presence well before they are upon you. Earle has one that is visible from 2KM away!

Finally, if you are interested in having a therapeutic bike fit one of our avid cyclist and massage therapists Martin Salkey would be happy to help you out.



**Patricia Sennett, PT**

*Patricia is a physiotherapist at the Human Performance Centre located in the outskirts of Grand Bay-Westfield. You can contact her at 738-8299*



**506 738-8299**  
**3636 Westfield Road**

**PHYSIOTHERAPY**

**MASSAGE**

**FITNESS**

**NUTRITION**