

TIP OF THE MONTH

8 Tips for A More Enjoyable Bike Ride

With Summer being around the corner, now is the perfect time to be outside. What better way to enjoy the great weather than on your bike. If you are a competitive racer or are looking to ride a few miles recreationally, you can be more comfortable and have more fun by following some simple tips.



- 1. Check Tire Pressure:** If your tires are too soft, you have a much higher chance of “pinching” a tube, causing a flat. Low pressure also increases rolling resistance, making it more difficult for you to ride at a normal speed. Check the sidewall of your tires for the recommended pressure range; it doesn’t need to be at the maximum, but be sure it’s at or above the minimum.
- 2. Seat Angle:** Everyone has a different preference on the exact seat angle and position, but it should be roughly level. Deviations of 1-2 degrees up or down are OK, but don’t point up or down too much. This can place unnecessary pressure on pelvic soft tissue or the hands/wrists.
- 3. Seat Height:** An old belief about seat height was that you must be able to touch the ground with both feet when sitting on the saddle. If you are very new to cycling, this does improve your ability to stay upright at very slow speeds. However, a seat that is too low can put excess pressure on your knees and back and is less efficient. A “proper” seat height has the knee at about 30 degrees of bend at the lowest point in the pedal stroke.
- 4. Stay Hydrated:** Carry water with you on any ride longer than 30 minutes (shorter in hot conditions). You can use a backpack-style hydration pack, or a simple water bottle and cage. Almost all bicycles have bolts to hold a water bottle cage. Whichever method you choose, get familiar with it and get in the habit of using it often.
- 5. Know How to Change a Tube:** Carry the items needed to replace a tube in the event of a flat tire. Your local bike shop can help you with choosing these items. These can all be carried in a bag under your seat.
- 6. Like Lycra:** Very few people think of bike shorts as a good fashion statement. However, if you’re riding more miles, especially in warm weather, they provide comfort that can’t be matched with basketball or running shorts.
- 7. Be Visible:** Along with the bike shorts, make sure your t-shirt or jersey is a bright color that will keep you visible in traffic. If there is a chance you’ll be riding near or at dark, be sure to have at least a rear light, and preferably also a front light on your bicycle.
- 8. Riding Shouldn’t Hurt:** Sure, if you’re looking to get a hard workout or ride fast, your legs will feel the burn. However, if your body and bike are working together properly, riding shouldn’t cause any joint pain. If you can’t ride without getting neck, back, hip or knee pain, consider having a professional look at either your body or your bike fit. If you experience pain after your bike ride, call and let us know. The answer to most aches and pains is rarely just in one area (bike fit or bodywork), and a combined approach will usually work best for alleviating pain and getting the most out of your ride. Don’t sit out this summer break because of pain.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Always laugh when you can, it is cheap medicine.”

— Lisa Lieberman-Wang (Success strategist)

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Shredded Chicken Tacos

Summer is almost here and we are in the mood for some quick and easy healthy meals! We found this recipe from www.jaroflemons.com. We saved some prep time by purchasing pre-shredded rotisserie chicken from the grocery store. The full recipe and blog can be [found here](#).



INGREDIENTS

- 1 pkg shredded rotisserie chicken
- 2 Tbsp Sriracha Sauce
- 6 tortillas
- 1 cup chopped red cabbage
- 1/2 cup chopped peppers
- 1/4 cup feta cheese
- 1 lime

DIRECTIONS

1. Rub in the Sriracha sauce and reheat the chicken until hot
2. Warm the tortillas (if preferred) and build your tacos with the cabbage and peppers
3. Put in the chicken and top with feta and a lime spritz



PHYSICAL THERAPY FOR A CERVICAL HEADACHE

