



## TIP OF THE MONTH

## 8 Tips for a More Enjoyable Bike Ride

**May is National Bike Month!** What better way to enjoy the great weather than on your bike? If you are a competitive racer or looking to ride a few miles recreationally, you can be more comfortable and have more fun by following these simple tips.

**1. Check Tire Pressure:** 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. Low pressure increases rolling resistance, making it more difficult to ride at normal speeds. If the tires are too soft, you have a much higher chance of "pinching" a tube, causing a flat.

**2. Seat Angle:** Everyone has a 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. A higher angle 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. This does improve your ability to stay upright at slow speeds when new to cycling. 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:** Bring water on any ride longer than 30 minutes (shorter in hot conditions). 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. A local bike shop can help you choose these items and stow them in a bag under your seat.

**6. Wear Lycra:** If you are riding more than a few miles in warm weather, bike shorts provide comfort that is unmatched by 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 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 work together properly riding shouldn't cause [joint pain](#).

If you feel neck, back, hip, or knee pain while riding your bike, consider having a professional look at your body or 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. We're here to keep you moving!

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



*"I attribute my success to this - I never gave or took any excuse."*

— Florence Nightingale

## 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

## Homemade Salsa

This salsa has been tested and approved by our friends in Houston, TX. If you like green salsa - you'll enjoy this!



## INGREDIENTS:

- 1 poblano pepper
- 2 jalapeno peppers
- 4 tomatillos
- 1 tomato
- 1 avocado
- 1 bunch of garlic
- Half of one white onion
- Handful of cilantro
- Lime juice to taste
- Salt and pepper to taste

## DIRECTIONS:

1. Roast the peppers, tomatillos, tomato, onion, and garlic and heat in a cast iron skillet until slightly blackened
2. Toss all ingredients in a blender and mix until you reach your desired consistency.
3. Serve with chips and enjoy!



**WHY WON'T MY BACK PAIN GO AWAY?**



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