



Burrard Physiotherapy

You're In The Right Hands

We have seen an unprecedented increase in the last couple of years of road biking and consequently bike related injuries. In order to minimize your likelihood of developing a repetitive strain injury associated with your bike's fit, I have asked an expert in bike fitting—Dave Usher—owner of North Shore Road Bike to write this season's article.....read on.

Kerry Maxwell

TIPS FOR THE SEASON AHEAD

DOES YOUR BIKE FIT? by Dave Usher

Why get a bike fitting? A proper fit is at least as important as the frame material and components in determining your performance on the bike. And, it is considerably more important in determining your comfort on the bike. If you are riding 4 hours a week with a cadence of 80, you are turning the cranks more than 1 million times in a year! A poor fit is setting you up for a repetitive stress injury. Everyone can benefit from a proper fit, but the renewed popularity of road riding makes it even more important than the previously more popular mountain biking. Road riders, especially time trialists and triathletes, maintain the same position for far longer than mountain bikers who move around on their bikes to deal with the more varied terrain off-road.

Speaking of different types of riders, there is no one fit that is perfect for everyone. A 20 year old professional track sprinter will have a very different optimum position than a somewhat inflexible 50 year old looking to survive her first charity ride.

There is a difference between the general bicycle sizing and the precise adjustments involved in a bike fitting. Ultimately your relationship with your bicycle is centered around 5 points of contact - your two hands on the handlebars, butt on the saddle, and two feet on the pedals. A sizing gets you on the right size frame to put these points of contact in the general ballpark. But..., each of these can be adjusted to fine tune the fit. Wider (or narrower) bars with different length (and rise) stems can make a significant change. Saddles can move forward and back to give the best possible position over the cranks and help with weight distribution between hands, seat, and feet. For that matter quite different saddle shapes and sizes can work best for each individual. You will likely need to try several

to find one that's just right for you. North Shore Road Bike has a setup that allows quick saddle swaps to make this an easy process. Current pedal designs provide more tolerance for a bad adjustment, but there are still improvements which can be made with proper set up. This includes cleat placement fore & aft on the



shoe, side to side adjustment, rotation, and canting. Ideally your cleats should be positioned under, or slightly behind, the ball of your foot. Side to side and canting adjustments should align your second toe under a straight tracking knee. Cleats should be rotated so that they are set in the middle of the range of motion provided by your pedals. That million revolutions we talked about earlier can do some real damage to your knees if they are not moving correctly.

While there are formulas and computer programs to provide a reasonably accurate bike size, bike fitting is an iterative process between a skilled bike fitter and the rider. The fitter will assess the rider and make changes based on his training and experience. The rider will provide feedback on the results achieved. This can lead to further changes, and more results. You can expect a proper fitting to take a couple of hours. They will likely be the most beneficial 2 hours you ever spend on the bike.

Visit our website at www.northshoreroadbike.com/bikefit/ for more information on bike fitting, including a listing of common bike fitting pains and "quick fixes" for these.

If you have any questions or would like to arrange a fitting please feel free to contact me. dave@northshoreroadbike.com.

CLINIC HAPPENINGS:

I can't believe it has already been a year since we moved into our current location. And what a year it has been. Despite a few growing pains, we all love the new space, especially as it has allowed us to expand our services. **Noam Gagnon**—Beyond Pilates—will begin offering some small group classes, available Tuesdays and Thursdays at 5:30 and 6:30pm, beginning April 1st. Contact the clinic or check out our website for more info.

Sadly Blazenka has left us at reception, but we have been very fortunate to find **Carly Russell**, who has shone, despite having to fill some big shoes. You will find Carly not only at the front desk, but also teaching a rehab yoga class on Sundays. Contact the clinic and ask for Carly for more information on this program.

Congratulations to **Lynda Lawrence** who just completed her certification in Dr. Gunn's Intramuscular Stimulation (CGIMS). Lynda now swells our ranks of IMS practitioners to 5. IMS is successfully used for the treatment of chronic pain. For more information on this visit the www.iStop.org. While you are online, check out our updated website. Yes, after letting it get a few years behind, my extra time available for admin has seen me catch up on a few things. Please note, we have also changed the clinic email address to info@burrardphysiotherapy.com. As always feel free to drop me a line if you have any questions or comments.



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Monday to Friday 7am to 7pm
Saturdays 8:30am to 3:00pm

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