

## Where you can find us

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Massage therapy appointments, please call Clare Murphy on 07980 580488

### Opening Hours

Mon-Thurs: 8:30am-7:30pm Fri: 8:30am-5:00pm  
Sat: 9:00am-1:00pm

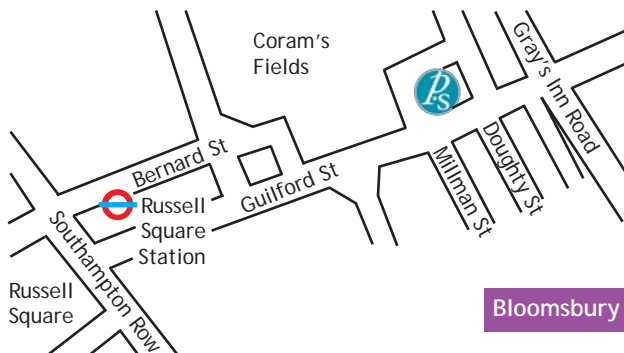
Angel



► **Physio Solutions**  
at the  
Islington Central  
Medical Centre,  
28 Laycock Street,  
London, N1 1SW  
(nearest tube:  
Highbury & Islington)



▼ **Physio Solutions at**  
Nuffield Health Fitness & Wellbeing,  
23 Mecklenburgh Place, Bloomsbury, London WC1N 2AY (nearest tube: Russell Square)



**physio.solutions**  
Physiotherapy & Sports Injury Clinic

## Newsletter

### Clinic News

#### Two New Clinics

We are delighted to announce that we now have two new clinic sites in addition to our Angel location, situated in Highbury and in Bloomsbury. Both clinics are up and running and open for appointments. Please see our website or telephone us for further information.



Bloomsbury

#### Premiership Football Club

We often get asked the question 'What treatment would I get if I was a professional footballer'. Well, Daniel had the opportunity to find out first-hand when he was invited to help out Liverpool FC for 4 weeks due to staff shortages.



Highbury

I'm sure that his patients benefit from the experience and he has promised to write a piece at a later date on the treatment that you'd receive for your injury if you were a premiership footballer.

All the best,  
**Helen Skehan,**  
Practice Principal

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- ♦ Focus on cycling

## TWO WHEELS GOOD

With the launch of the cycling Super Highways in London and the recent launch of Transport for London's cycle hire we thought it would be a great opportunity to celebrate the benefits of cycling in London.

As a team we all cycle and often advise our patients to use it as a form of exercise and rehab. Cycling has its obvious benefits of improving strength, stamina and posture, however whether you cycle to the shops or up l'Alpe d'Huez there are always things you can improve.

### Bike Set Up

Setting your bike up correctly is key to not only getting the most power out of your body but also in preventing injuries and unnecessary strain on the body. More serious riders and particularly riders of racers will benefit from having a professional set up service; this is due to the very unforgiving nature of racing bike geometry.

If nothing else, make sure you adjust your saddle and handlebars correctly. Follow the three simple steps below to provide a simple and safe set up.

1. **Seat position:** Sit on the bike without shoes, the bottom of your heel should just reach the top of the pedal in the farthest position and your leg should be almost straight, check both legs as one may be longer than the other.
2. **Saddle fore/aft:** Sit on the

bike and with a pedal in the 9:00 position, your knee should be directly over the pedal.

3. **Handlebar position:** Put the back of your elbow at the front of the saddle. Your fingers should be at the back of the handlebars.



One of the most important elements is to adjust things slowly; all changes should be introduced gradually over a period of a few weeks. Some aches and pains are to be expected, if you have significant knee, hip or back pain revert your bike settings to how they were before the pain started and make the changes differently or more slowly, if at all. If it continues see your therapist!

### Comfort

Sitting comfortably will enable you to cycle further and faster. Think about your cycling position every so often while cycling. Have you moved forwards on the saddle without realising? Are your shoulders becoming hunched? During the ride regular changes of position, neck shrugging etc will provide a great deal of relief - try not to stay locked in the same position for too long. The standing-up cycling position is very efficient



for short-sharp bursts e.g. while going up a hill, and can provide the opportunity to use different muscles for a moment, but it does use energy much faster than sitting so it is better to avoid the habit of standing up riding for all hills.

### Core Stability

Cyclists spend many hours in the same position; some muscles will be used to hold the cyclist in position, while others are working to generate power through the pedals.

When cyclists effectively initiate the correct muscles for both power generation and stabilisation, they create a stable base for the powerful gluteals, quads and hamstrings to work off, while protecting the back and knees from injury. Core stability exercises for the lumbo-pelvic area are therefore crucial in the treatment and prevention of lower back pain, especially for any cyclists

increasing their training volume.

### Flexibility

Good hip flexibility is key to cyclists to relieve pressure on the knee and lumbar spine. During cycling the hip always remains in a relatively flexed position, so chronic tightness through hip flexors, ITB and adductors (front, outside and inside muscles of the thigh) is very common. This can lead to hip and groin problems, also overactive and tight hip flexors will inhibit the use of the gluts and hamstrings leading to a muscle imbalance and overuse injuries. All cyclists should therefore perform regular stretches to their hip flexors, adductors and ITBs and do trigger point work on these areas (a foam roller is very useful!).

*Scott Morris Physiotherapist is a keen cyclist and has raced mountain and road bikes competitively in the past.*