



Upper Valley
Medical Center
Premier Health Partners

UVMC Center for Sports Medicine

Your Home Town Sports Medicine Team

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DO YOU PLAN TO START BICYCLING THIS SUMMER?

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JUNE 2010

Here are your equipment needs for a safe riding season

- **Cycling Helmet**

To prevent a severe head injury, you must wear a properly fit helmet. 75% of bicycle deaths result from a head injury and 90% of bike injuries do not involve automobiles. A poorly fitted helmet won't protect as well as a properly fitted helmet. Often, a bike shop or local fire department can properly fit your helmet.

- **Cycling Shorts**

You may not like the idea of wearing spandex but cycling shorts have an important role in comfort and preventing injury. The padding of the shorts allows that hard seat to be more tolerable to sit on. The longer you ride the more you can appreciate that comfort. The greatest health concern is that the shorts prevent chaffing and saddle sores. The padding and material of the shorts are made to wick away moisture. For this to be most effective you must not wear underwear.

- **Cycling Gloves**

Cycling gloves are padded in the palm to protect the wrist from vibrations and jarring, which prevents carpal tunnel symptoms from occurring. If you find your fingers are tingling or going numb, you should purchase cycling gloves. If those symptoms do not change, you might want to have a professional bike fitting to check for proper handlebar position and alignment.

- **Water bottle and cage**

Cyclists use the large muscles of the legs to ride so like any activity the body needs to be well hydrated. It is important to bring water along as you ride. As cyclists improve, they have the potential to ride for hours. It is imperative to keep hydrated to prevent muscle cramps. Many times the calf muscles are the first to cramp if the body becomes dehydrated.

- **Cycling Shoes and Clipless pedals**

These are not crucial when you are starting out. Cycling shoes have a solid sole, preventing flexing of the shoe when you push down into the pedal. Otherwise, if the shoe flexes, some power is lost. As cyclists ride more and more miles, they want all their muscular work to go into the stroke of the pedaling and not lost to other areas. Clipless pedals also help improve efficiency. A cyclist can push into the pedal without the concern that the foot will slip off the pedal causing a crash. The pedals also allow a cyclist to pull up on one foot while pushing down on the other to achieve optimal power.

- **A Properly Fitted Bicycle**

You need a bicycle that fits you properly. The most common fit issue is that the seat is too low, causing strong knee pain and decreased efficiency for your leg muscles. A very general example of a properly fitted bike is when you have a slight bend in the knee when your foot is at the bottom part of the pedal stroke. This proper seat height avoids stress to the knee. Additional bike adjustments can be made to the handlebars, seat and pedals to prevent a multitude of aches and pains in the neck, back, wrists, feet, and knees. Bike adjustments can also be made to optimize muscle performance for power and efficiency.

One of the best ways to obtain the optimal bike fit is to be fitted while you are actually riding your bike. The UVMC Center for Sports Medicine offers this dynamic bike fitting by a physical therapist who is a Serotta International Cycling Institute certified bike fitter. The cyclist rides their bike on a trainer and is video-taped while riding. A computer program is used to measure the angles of select joints on the body. The bike is adjusted to the optimal angles and the rider is video-taped again. For more information about a professional bike fit, please call the UVMC Center for Sports Medicine at 667-2614.

Be safe and have a great ride!

UVMC Center for Sports Medicine Summer Sports Enhancement and Injury Reduction Programs

EXPLOSIVE SPEED & POWER (ESP) Sports Enhancement Program

- For high school, college and professional athletes.
- Features the same type of off-season workouts used by elite Division I programs, utilizing Olympic lifts and core body strengthening techniques to improve power and strength.
- Proper running mechanics/ground based speed drills, plyometric jumping techniques and flexibility exercises are practiced to improve speed, agility, vertical jump and flexibility.

EXPLOSIVE SPEED & POWER JR. (ESP Jr.) Sports Enhancement Program

- For 7th and 8th graders.
- Utilizes age-appropriate strengthening activities and emphasizes education on proper form and techniques as well as injury prevention.
- Proper running mechanics/ground based speed drills, plyometric jumping techniques and flexibility exercises are practiced to improve speed, agility, vertical jump and flexibility.

SPORTSMETRICS™ Knee Injury Reduction Program

- Comprehensive training program specially designed for female athletes.
- Scientifically proven to reduce knee injuries and improve performance for sports that involve pivoting, cutting or jumping, such as soccer, basketball and volleyball.
- Combines dynamic warm-up with plyometric drills, strength training and flexibility exercises.

For more program information or to register, call 667-2614 or 440-7152.
Program information and registration forms available online at www.UVMC.com/sportsmedicine



TEAM OF THE MONTH

The UVMC Center for Sports Medicine would like to congratulate the following teams from the area for their outstanding achievements and selection as Team of the Month this spring:

April: Piqua High School Boys' Wrestling Team

The team was recognized for its outstanding 2009-2010 season. The team finished the season with 8 all-area honorees, 8 all-Greater Western Ohio Conference—North (GWOC) honorees, 6 GWOC scholar athlete honorees, 10 top—five finishers in the Southwest District 1 sectional tournament and a team finish of second in the GWOC—North Division. The team also had junior Kyle Bryant finish 5th at the state invitational, which was Piqua High School's highest placer in 17 years.

May: Miami East High School Girls' Track Team

The team was recognized for its accomplishments during the 2009-2010 spring track season. The team recorded second place finishes at the Graham Invitational, the Miami East Invitational and the Miami County Invitational. The team also recorded a third place finish at the West Milton Bulldog Invitational. During the course of the season the team also broke 5 school records, some dating to the 1970s and 1980s, in the 4 x 800, the 800 meter run, the 1600 meter run, the shot put and the high jump. "What makes this team unique is the fact that they only have 18 girls on the team, with many of them competing in four events every meet," said Bruce Vanover, head coach. "Ten team members are freshmen. Put that together with the senior leadership of Juli Accurso, Sarah Meyer and Lottie Hageman, and you have a small, but very competitive team," Vanover said.