Physical Therapy Can Help Cyclists Avoid Pain & Injuries

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You no longer need a referral for physical therapy!

COME SEE US TODAY!

INSIDE

Physical Therapy Can Help Cyclists Avoid Pain & Injuries

Have you been dealing with knee pain that worsens every time you go out for a ride on your cycle? Have you tried adjusting your fit but still seem to struggle with pain? At Polishuk Physical Therapy, our physical therapists are musculoskeletal experts and understand the requirements of a proper fit on the saddle.

Whether you are new to cycling or a seasoned rider, injuries can impact your enjoyment of getting on the road for a long ride. Most riders have been told that proper bike-fitting is essential to optimize comfort and reduce your risk of injury.

Unfortunately, too many riders don't know that a physical therapist with experience treating cyclists can identify limitations in your body that may be affecting your fit. Although it is critical to have a proper fitting, it is also essential to make sure your body can achieve the necessary movements and positions to make the fit possible.

At Polishuk Physical Therapy, our physical therapists can help identify weaknesses and restrictions that may be causing your pain and provide you with the tools to resolve your limitations to get out and ride pain-free!

Call our office today and request an appointment with one of our specialists!

What Are The Most Common Injuries A Cyclist Faces?

More and more people use recreational cycling as one of their main options for regular exercise. As riders extend their time in the saddle (seat), the risk of overuse-type injuries increases.

Most injuries to recreational riders are associated with overuse or improper fit of the bicycle. The prolonged postures combined with the repetitive movement from spending hours cycling seem to be one of the main reasons for pain/injuries. Improving bike fitting can relieve compression and overuse symptoms and is one of the most important keys to preventing injuries.

Knee pain is the most common complaint that limits and/or prevents cyclists of all abilities and experience from riding. Some research studies have demonstrated that when the seat is too low, the natural tendency is to dorsiflex the ankles and angle the knees inward (adduction); this is also the most common biomechanical factor associated with knee pain.

The other common areas for overuse injuries are the neck, knee, groin/buttock area, and lower back. The position on the handlebars combined with the prolonged posture of leaning forward and lifting your head to look up can strain your neck muscles, upper back muscles, and lower back joints. In addition, improper alignment of the pedals can cause pain and irritation to the foot and calf regions.

Acute injuries typically occur during accidents. The causes of accidents vary from a collision with a motor vehicle to a fall due to road surface damage and obstacles or mechanical problems with the bicycle (i.e., flat tire or issue with chain).

Bicycle-related injuries have increased as cycling has become more popular. Fortunately, our team understands the requirements for a proper fit and how to help you restore mobility and strength to reduce your risks.

Call us at (215) 918-4547 today!

1. *Feel free to call us and ask to speak to a therapist.*
2. *The therapist will tell you the possible causes of your pain as well as precautions you can take at home.*
3. *If further assessment is warranted, the therapist might recommend you come in for an appointment.*

*Call **Polishuk Physical Therapy** to talk with a physical therapist today!*

How Physical Therapy Can Help

Besides a customized bike fit, having a physical therapist address any weakness or restriction in your trunk, pelvis, and lower extremities is essential to optimize comfort and reduce injury risk. At Polishuk Physical Therapy, our physical therapists will conduct a thorough evaluation to identify all the factors contributing to pain and injury.

We will assess the biomechanical factors contributing to your pain/injury. We understand how cadence, power output, crank length, saddle position, saddle height, and foot positions affect cyclists' likelihood of developing pain and overuse type injuries.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the individual cyclist.

Your physical therapist will then incorporate cycling-specific treatments to ensure proper alignment of the joints, rider position, and pedaling mechanics to assist you in a safe return to training. We will also emphasize the importance of wearing a helmet to prevent traumatic injuries to the head/brain.

Request An Appointment Today!

At Polishuk Physical Therapy, our team of physical therapists is experts at treating cycling-related injuries. We have proven success with treating riders of all skill levels and experiences.

Sources:
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Call us at (215) 918-4547 today!

Feel Better By Eating Better!

5-Minute Harissa Tahini Sauce

A bright, zesty tahini sauce infused with harissa, lemon, and smoked paprika. So versatile and easy to make with just 5 ingredients and 5 minutes required!

- 1/4 cup tahini
- 3 Tbsp lemon juice, plus more as needed
- 2 Tbsp harissa sauce (NOT paste)
- 1/4 – 1/2 tsp sea salt
- 1/4 tsp smoked paprika
- 1/4 cup water (plus more as needed)

1. To a small bowl, add all ingredients except water (so tahini, lemon juice, harissa sauce, salt, and smoked paprika) and whisk to combine.
2. Add water a little at a time, continuing to whisk until you have a creamy, pourable sauce. Taste and adjust as needed, adding more lemon juice for tang, paprika for smokiness, harissa for mild heat, and sea salt for overall flavor.
3. Serve over our quick crispy cauliflower, roasted vegetables, nourish bowls, sweet potato fries, or tacos.

https://minimalistbaker.com/5-minute-harissa-tahini-sauce/

Another 5 Star Review!

"I would ABSOLUTELY recommend the Polishuk Physical Therapy group without reservation! Everyone—the people at the front office, the Physical Therapists, and the Exercise Physiologists—is extremely friendly, kind, and knowledgeable. My spirits were lifted merely by interacting with each of them, but I truly feel better physically because of their thorough approach to healing. I am especially grateful to Dr. Dmitry Agres, my PT, and to Danielle Cooper and Lauren Braccio, who worked with me in the gym!"

- 5 Star Google Review

Featured Nutritional Test

GPL-TOX Profile
Toxic Non-Metal Chemicals

Because exposure to environmental pollutants has been linked to many chronic diseases, The Great Plains Laboratory has created GPL-TOX, a toxic non-metal chemical profile that screens for the presence of 173 different toxic chemicals including organophosphate pesticides, phthalates, benzene, xylene, vinyl chloride, pyrethroid insecticides, acrylamide, perchlorate, diphenyl phosphate, ethylene oxide, acrylonitrile, and more. This profile also includes Tiglylglycine (TG), a marker for mitochondrial disorders resulting from mutations of mitochondria! DNA. These mutations can be caused by exposure to toxic chemicals, infections, inflammation, and nutritional deficiencies.

Ask a Polishuk therapist for more information!
Call us at (215) 918-4547 today!

Clinic News!

Dear Polishuk Physical Therapy Family,

No words are truly adequate to express the gratitude in our hearts for the overwhelming response to our effort to help the women and children of Ukraine. Each one of your thoughts, prayers, and donations make a difference!

Sincerely,
Polishuk Physical Therapy & Wellness

Come Back In For Physical Therapy!

Call us at (215) 918-4547 or visit us online at www.polishukwellness.com to schedule your next appointment!

@polishukwellness