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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



IS CYCLING CAUSING YOU PAIN?

Georgian Bay Location

1 First Street Unit 102 M 8:00a - 8:00p
Collingwood ON T 8:30a - 8:00p
L9Y 1A1 W 8:00a - 8:00p
Th 8:00a - 8:00p
Phone: 705-446-2551 F 8:30a - 4:00p
Fax: 705-446-1897

Stayner Location

7460 County Road 91 M 8:00a - 3:30p
Unit 3 T 8:30a - 5:00p
Stayner, ON L0M 1S0 W 2:00p - 7:00p
Th 8:00a - 8:00p
Phone: 705-446-2551 F 8:00a - 12:00p
Fax: 705-517-0076

Wasaga Location

102 - 14 Ramblewood M 10:00a - 3:00p
Drive, Wasaga Beach, T 8:00a - 3:00p
ON L9Z 0C4 W 8:00a - 3:00p
Th 10:00a - 3:00p
Phone: 705-446-2551 F 10:00a - 3:00p
Fax: 705-446-1897

Hours subject to change due to COVID-19. Please call in advance.

INSIDE:

Is Cycling Causing You Pain? · Patient Review
Staying Hydrated Will Improve Your Cycling Performance





Is Cycling Causing You Pain?

Have you been dealing with a nagging injury affecting your training or even just enjoying a leisurely ride? Have you tried adjusting your bike fit but still seem to struggle with pain? At Peak To Shore Physiotherapy, our cycling specialist understands the requirements of a proper fit on the saddle and how to resolve any injury you may be dealing with related to cycling. We will ensure you get back on the road and enjoy your ride pain-free!

Cycling is one of the most popular activities/sports around the world. The numbers continue to grow in Canada, with estimates of over 50 million people riding regularly. For some, cycling is a means of transportation to and from work, while others use their bikes for staying fit and competing.

No matter why you ride, our cycling specialist at Peak To Shore Physiotherapy can help resolve any injury, old or new. Our specialist takes a hands-on approach to therapy to ensure you have the best possible outcomes for pain-free riding!

What Are The Most Common Cycling Injuries?

Injuries can impact your enjoyment of getting on the road for a long ride, whether you are a recreational rider or a seasoned competitive racer. It is common for my cyclists to have been told that proper bike-fitting is essential to achieve comfort and minimize the risk of injury.

Most injuries to cyclists are associated with overuse injuries related to an improper fit of the bicycle. Prolonged postures and the repetitive nature of spending hours cycling are

one of the main reasons for pain/injuries. Resolving any limitation or weakness to help ensure your body can perform adequately when combined with a proper bike fitting can help prevent injuries.

Pain and injury to the knee is the most common region in the body that limits or prevents cyclists from riding. Research has shown that seat height is one of the main reasons for knee pain. When the seat is too low, the rider's natural tendency is to compensate by increasing their dorsiflexing (bringing toes up) the ankles and angle the knees inward (adduction). These compensations are the most common biomechanical factor associated with knee pain and can be addressed with proper fitting by our cycling specialist.

Improper positioning of the handlebars combined with the prolonged posture of leaning forward and lifting your head to look up often leads to strain on your neck and upper back muscles as well as the lower back joints. For some, the handlebars affect the shoulders or wrist/hands joints and muscles.



Schedule Your Next Appointment Today!

Scan the QR Code to visit our website at peaktoshorephysiotherapy.com

Let's Get Social!



We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more!

Don't miss out - follow us today!

 **@PeaktoShore**



Patient Review

"I have been coming to Peak to Shore Physiotherapy clinic for years. I have nothing but positive things to say about the staff there. From the physiotherapist, to the massage therapist, to all the doctors there and all the staff. They are wonderful people who take time with you and really work hard to get you better, stronger and back to yourself. I'm always greeted by a smile from all the staff. Julie, the manager of the clinic, is super great and knows her stuff. I would definitely recommend going there."

5-Star Google Review
- S.L.

Staying Hydrated Will Improve Your Cycling Performance

Are you a competitive cyclist searching for a way to improve endurance and reduce fatigue? Or are you still a beginner looking to establish a healthy cycling routine? Either way, staying hydrated is one of the most important things you can do to improve your cycling performance.

Proper hydration helps you retain the fluids your body needs and tolerate heat better, giving you the tools to race faster and longer.

Body temperature and cycling performance are directly related. In other words, the less fluid you lose, the cooler you will be and the better your performance will be.

Every individual is unique and requires different amounts of water for optimum performance. However, a general guideline for a cyclist's hydration needs ranges between 1.2 and 2 Liters of fluids per hour of exercise.

It is also recommended to drink 12 to 16 ounces of water 4 to 6 hours before cycling, followed by another 12 ounces 2 hours before. You can adjust this plan if it's extremely hot out.

Besides staying hydrated, there are other ways to improve your cycling performance, like getting a custom bike fitting. At Peak To Shore Physiotherapy, our bike fitting process includes adjusting the bike to fit your body and finding ways for the body to best adapt to the bicycling activity.

We'll pay attention to the three primary contact points of the bicycle: saddle, pedals, and handlebar. Professionals have trained our staff to solve standard body and bicycle issues. This holistic approach to bicycle fitting can give you a complete solution to your cycling pain issues.


If you have any questions about custom bike fittings or simply want to improve your cycling performance with the help of licensed movement experts, **contact Peak To Shore Physiotherapy today!**

Sources:
<https://peaktoshorephysiotherapy.com/physiotherapy-center-treatments/bike-fitting/>



Exercise Essential



 SimpleSet Pro

SACRAL STRETCH

Squat deep. Keep your knees behind your toes. Use elbows to push knees wide. This exercise can help relieve hip pain and low back pain.

Did You Know?

We Also Specialize In:

- Physiotherapy
- Therapeutic Exercise
- Acupuncture
- Taping & Bracing
- Manual Therapy
- Sports Medicine
- Chiropractic Care
- Athletic Therapy
- Massage Therapy
- Strengthening & Conditioning
- Concussion Therapy

Healthy Recipe *Peanut Butter Energy Bombs*

INGREDIENTS

- 2 cups old-fashioned rolled oats
- ½ cup ground flax seed
- 1 tbsp black chia seeds
- 1 tsp cinnamon
- ½ cup raw honey
- ½ cup peanut butter
- 1 tsp vanilla extract
- 1 scoop vanilla whey protein powder
- ½ cup dark chocolate chips

DIRECTIONS

Add rolled oats, ground flax seed, chia seeds, cinnamon, honey, peanut butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended (about 7-9 times). Add mixture to a large bowl, add in chocolate chip. Stir to combine. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Cover and place in refrigerator for 2 hours.

5 Easy Summer Fitness Tips



1. Adjust your body temperature.

Hop into a cold shower before your workout. Studies show that a pre-exercise cool down improves performance in the heat — probably because it lowers your heart rate as well as core and skin temperatures.

2. Get the dirt.

Try to walk, run, or cycle on dirt or gravel paths, since asphalt and concrete tend to radiate heat and reflect the sun's rays, making you feel hotter. Live near water? Take advantage of the breeze on even steamy days; if possible, start out with the wind at your back, so when you're finishing you'll be running into a headwind, which feels cooler.

3. Cool down with essential oils.

Dabbing a few drops of peppermint or eucalyptus oil on the back of your neck and at your temples just before your workout provides a cooling effect and also opens up your nasal passages, so you can breathe a little easier when the air is humid.

4. Summarize your intervals.

To keep your fitness level up, do your regular cardio at a slightly slower pace, but add in 30-second speed bursts every three to five minutes. You'll maintain your conditioning and burn more calories without having to go all-out the entire time.

5. Refuel with fruit.

They're more than 80 percent water, so fruits such as grapes, watermelon, cantaloupe, and honeydew are a tasty way to replenish fluids and boost your energy post-workout. Keep them frozen or grind them into a smoothie for a refreshing treat!

Put the cool factor back into your workout routine with these tricks this summer! Always remember to stay hydrated and listen to your body to avoid dehydration or stressing any muscles.

Did You Know?

We Can Also Treat:

- Arthritis
- Hip Injuries
- Knee/Ankle Injuries

- Muscle/Tendon Injuries
- Shoulder/Elbow Injuries
- Sports Injuries

- Sprains
- Vertigo
- And more!