

Physio News

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Cycling is one of the easiest ways to stay fit, promote cardiovascular health and improve muscular endurance. However, a correct bike fit is absolutely essential in order to reduce your chances of repetitive strain injury.

Eramosa Physiotherapy Associates recommends the following bike fit tips to ensure a more enjoyable riding season:

FRAME SIZE - Stand over your bicycle's top tube. For road biking you should have roughly 1 inch of clearance between your buttocks and the frame. For mountain biking, you should have 2-6 inches depending on the terrain and the slope so that you can easily and quickly put your feet down.

SADDLE POSITION AND HEIGHT -The saddle should be level. If you are sliding forward your arms and back will be over stressed. If the seat is tilted backwards, you may experience pain in the saddle area. Ensure that your legs are not fully extended at the bottom of each pedal stroke.

HANDLEBAR POSITION - Handlebars that are too far forward force you to stretch and bend excessively, placing stress on your back/neck.

SHOE/CLEAT ALIGNMENT - Misaligned cleats can put stress through the back and lower extremity joints. Adjust the cleats so there is no twisting stress in your leg as you pedal.

If you are injured while cycling, consult a registered physiotherapist. Physiotherapists have the knowledge and skills to help relieve pain, increase mobility, build strength, and improve balance and cardiovascular function. Our experienced physiotherapists will assess your injury and provide appropriate treatment to help get you back up to speed.

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This year's theme: 'Is Your Family Prepared?'

Emergency Preparedness Week begins Sunday

"Is Your Family Prepared?" is the theme of Emergency Preparedness Week, which kicks off Sunday.

Halton Hills Fire Protection and Prevention Services has partnered with Emergency Management Ontario to offer a variety of emergency related information throughout the week (May 6-12) at the fire department's information centre at Georgetown Market Place.

Included in the information will be details on how a family can take care of itself for up to three days in the event of an emergency or a disaster.

"Emergencies and disasters can be

unpredictable and can happen at any time," said Chief of Fire Prevention and Public Education Harry Olivieri. "Families should have the necessary supplies to tie them over for two to three days."

Olivieri said in many parts of Ontario it's not uncommon for winter ice/snow storms to take out hydro utilities for days at a time, resulting in hardship on families, particularly those with young children, not to mention seniors.

"Everyone should have extra supplies such as flashlights, batteries and canned goods that they can fall back on in such

events. With increased awareness of security concerns throughout Canada and the world, it makes good sense to prepare for the unexpected."

Information ranging from winter storm driving, hydro outage and floods is available at the fire department's information centre located near the HomeSense/Winners store.

A sample home emergency survival and vehicle emergency kit will be available to view at the information centre while staff are there Tuesdays and Thursdays between 11 a.m. and 1 p.m. Everyone is encouraged to drop by.

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