

Cycle California!™

Magazine

Posture tips

Biking: Keeping the back healthy

By **Esther Gokhale**

Sometimes riding can be a pain in the back. The following are a few tips to help keep your back safe and painfree.

1) Place your pelvis in an anteverted (tipped forward) position so you are not sitting on your tail. This sets you up for healthy back and good shoulder and neck posture. If you retrovert (tuck) your pelvis so you are sitting on your tail, you are predisposing yourself to round your lower back and hunch your shoulders and neck forward.

2) Hinge forward from your hips, limit rounding your upper back and eliminate rounding your lower back. Rounding your back puts pressure on your spinal discs

in a particularly dangerous direction.

By maintaining a straight back as you hinge forward from your hips, you exercise your back muscles without straining your spinal discs or ligaments.

3) Leave your shoulders back in place as you reach your arms forward to grip the handlebars. This may mean hinging forward a little more at the hips — not a problem if you keep your back straight. Rounding your shoulders forward puts stress on your upper back and diminishes circulation to your arms. Keeping your shoulders back facilitates a healthy upper body architecture and good circulation to and from your arms.

4) Leave some slack in your arms.

This helps you negotiate the bumps in the road with your muscles rather than your joints. You will be strengthening yourself instead of wearing and tearing yourself down.

5) Be sure you are tracking your legs well. Avoid rotating your legs inward or you will put extra wear on your knees.

The author is a pain specialist who has written the book **8 Steps to a Pain-free Back** (ISBN-13: 978-0-9793036-0-9; ISBN-10: 0-9793036-0-5), and is the proprietor of a studio in Palo Alto.

~ ~ ~

Posture tips

Biking: Keeping the back healthy

By **Esther Gokhale**

Sometimes riding can be a pain in the back. The following are a few tips to help keep your back safe and painfree.

1) Place your pelvis in an anteverted (tipped forward) position so you are not sitting on your tail. This sets you up for healthy back and good shoulder and neck posture. If you retrovert (tuck) your pelvis so you are sitting on your tail, you are predisposing yourself to round your lower back and hunch your shoulders and neck forward.

2) Hinge forward from your hips, limit rounding your upper back and eliminate rounding your lower back. Rounding your back puts pressure on your spinal discs

in a particularly dangerous direction. By maintaining a straight back as you hinge forward from your hips, you exercise your back muscles without straining your spinal discs or ligaments.

3) Leave your shoulders back in place as you reach your arms forward to grip the handlebars. This may mean hinging forward a little more at the hips — not a problem if you keep your back straight. Rounding your shoulders forward puts stress on your upper back and diminishes circulation to your arms. Keeping your shoulders back facilitates a healthy upper body architecture and good circulation to and from your arms.

4) Leave some slack in your arms. This helps you negotiate the bumps in the road with your muscles rather than your joints. You will be strengthening yourself instead of wearing and tearing yourself down.

5) Be sure you are tracking your legs well. Avoid rotating your legs inward or you will put extra wear on your knees.

The author is a pain specialist who has written the book **8 Steps to a Pain-free Back** (ISBN-13: 978-0-9793036-0-9; ISBN-10: 0-9793036-0-5), and is the proprietor of a studio in Palo Alto.

~ ~ ~



STOP Flats 2
Stops Tire Leaks
ANYTIME

America's #1 Bicycle Tire Liner...

- Hardened outer layer STOPS thorns, broken glass, road & trail debris
- Ultra-soft inner layer cushions tube
- 11 sizes available...including 29ers, Freeride and Downhill

The Only Tire Liner Guaranteed to STOP Flats!

Flat Tire. Never Again!

Available at the Super Store, 1500 and California Ave.

Club Cycle CA!

Join today! It's free!

What is it?

A periodic e-newsletter between issues of Cycle California! Magazine.

Members have the chance to:

- Win prizes
- Participate in club-only contests and surveys
- Receive notification of upcoming bike activities
- Hear about important bicycle-related action alerts
- Receive special offers from Cycle California! and our partners

How to join

Surf over to CycleCalifornia.com and click the Club CycleCA! link

Club CycleCA! is a trademarked product of Cycle California! Magazine.

Recycling lifestyles

The Calendars! Bike - Tri - Run

July 2010
Vol 16, #6

Always
Free!

