

NEWSLETTER

AUGUST 2024



Kinect

PHYSIOTHERAPY



SCHEDULE
YOUR
APPOINTMENT

PEDAL POWER: PT FOR CYCLISTS

INSIDE:

INJURY
PREVENTION
STRATEGIES FOR
CYCLISTS

HEALTHY
RECIPE

5 POOL EXERCISES
FULL-BODY WORK-
OUT

WAKE FOREST (919) 568-5035 • **KNIGHTDALE** (919) 759-6532

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PEDAL POWER: PT FOR CYCLISTS

Are you tired of pain and injuries interfering with your enjoyment of riding your bike? Have you ever wondered what you can do to prevent problems from arising? At Kinect Physiotherapy, our highly trained physical therapists are experts at treating all types of injuries common to cyclists. We will identify the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury people endure from bike riding is an overall feeling of soreness caused by overusing the muscles. This typically occurs from riding too hard (too long or too fast for your level of conditioning) or completing a long ride when your body is not used to it.

For most people, the soreness usually goes away on its own, but for others, the soreness is the first warning sign of an injury brewing. The severity of the damage determines how long the body will need to recover.

At Kinect Physiotherapy, our licensed physical therapists can guide you through the right exercises for your individual needs to help you recover from and prevent future injuries.

Call today to schedule an appointment with one of our experts!

INJURY PREVENTION STRATEGIES FOR CYCLISTS

Most injuries (or pain) are due to improper fit on the bike or over exerting your body. Fortunately, our team of physical therapists at Kinect Physiotherapy are trained at assessing and fitting you properly on your bike. We are also skilled at identifying and treating musculoskeletal injuries related to cycling.

There are some research-backed injury prevention strategies you can perform on your own, including:

- **Proper bike fitting:** Before you go on your first ride, it is essential to make sure you have a proper bike fitting. Our physical therapists will identify the biomechanical factors contributing to pain and/or injury and eliminate them. We understand how important cadence, power output, crank length, saddle position, saddle height, and foot positions are to prevent pain and overuse injuries.
- **Adequate rest:** Sleep is the most effective strategy with the most significant effect on injury prevention and sports enhancement... 8-10 hours per night.

Balsamic Grilled Steak Salad with Peaches



INGREDIENTS:

- 1 lb. skirt steak, trimmed of fat
- 1/4 c. balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp. brown sugar
- 1 tbsp. vegetable oil
- kosher salt
- Freshly ground black pepper
- 1/4 c. extra-virgin olive oil
- Juice of 1 large lemon
- 6 c. baby arugula
- 2 peaches, thinly sliced
- 1/3 c. crumbled blue cheese or feta

DIRECTIONS: Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate 20 minutes at room temperature. Heat a grill or grill pan to high. Rub steak with vegetable oil and season generously with salt and pepper. Grill until desired doneness, 3 minutes per side for medium rare. Let rest 5 minutes, then slice. Meanwhile, make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper.

Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss. Serve immediately.

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Continued from outside.

- **Strength training:** One of the most effective injury prevention strategies to help stay injury-free is keeping the muscles strong. Our physical therapists will identify areas of weakness and compensatory strategies and help you address them to avoid pain/injuries.
- **Stay within your abilities:** It is vital to train and practice any physical activity by starting small and building up from there.
- **Dynamic warm-ups:** Foam rolling or a light ride at the start of your training is an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
- **Eating a healthy diet:** Nutrition is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
- **Getting enough water:** Hydration is essential for recovery and injury prevention.

At Kinect Physiotherapy, our therapists play a leading role in preventing, reversing, and managing old and new injuries. Our programs address your individual needs so you can enjoy your time on your bike!

WHAT TO EXPECT AT YOUR KINECT PHYSIOTHERAPY APPOINTMENTS

Your physical therapist will conduct a physical evaluation to determine the severity of your pain and/or injury. Through a comprehensive assessment, your therapist can pinpoint precisely what is causing your pain and give you the tools to recover and prevent future episodes.

Our team will perform a customized bike fitting to minimize the risk of pain/injury and combine it with a hands-on assessment to identify any weakness or restrictions that could contribute to potential (or existing) pain and injury. 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 positioning of the rider, including alignment of your joints and your pedaling mechanics to assist you in a safe return to training. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

REQUEST AN APPOINTMENT TODAY!

Most injuries to cyclists are associated with overuse or improper fit of the bicycle. The prolonged postures combined with the repetitive movement from spending hours cycling is the main reason for pain/injuries.

Request an appointment at Kinect Physiotherapy for a customized bike fitting and comprehensive assessment for your individual needs!

5 POOL EXERCISES FULL-BODY WORKOUT

1. Walk in water. Walking in water is a good exercise to start off with as it helps you get a feeling for how you can create resistance. It targets your arms, core, and lower body. Keep your arms at your side, in the water, and move them as you walk. Engage your core and stand tall.

2. Water arm lifts. This exercise will help strengthen the muscles in your arms. Using foam dumbbells will help add more resistance. Stand in water up to your shoulders. Hold the dumbbells at your side, with your palms facing up. Draw your elbows in close to your torso as you lift your forearms to the height of the water. Rotate your wrists to turn your palms facedown. Lower your arms back to the starting position. Do 1-3 sets of 10-15 reps.

3. Lateral arm lifts. This exercise, which targets your upper body, is also best done with foam dumbbells. Stand in water up to your shoulders. Hold the dumbbells at your side. Raise your arms to the side until they're level with the water and your shoulders. Lower your arms back down to your sides. Do 1-3 sets of 8-14 repetitions.

4. Back wall glide. This exercise helps to activate the muscles in your core and lower body. Hold onto the pool ledge, tuck your knees into your chest, and press your feet into the wall. Push off from the wall and float on your back as far as you can. Draw your knees into your chest, press your feet down to the bottom of the pool, and run back to the wall. Continue this exercise for 5-10 minutes.

5. Leg kicks. This exercise works the muscles in your core and legs. Use ankle weights to make it more challenging. Hold onto the pool ledge or hold a kickboard. Alternate flutter kicking, scissor kicking, breaststroke kicking, and dolphin kicking. Do each kick for 1-3 minutes.

Water workouts are an effective way to boost your cardio fitness while strengthening your major muscle groups, but as with any new exercise program, always speak to your doctor first. The Kinect Physiotherapy physical therapists would be happy to meet with you to see if aquatic exercise is right for you!



VISIT [KINECTPTNC.COM](https://www.kinctptnc.com) FOR MORE INFO

STAFF SPOTLIGHT



TAYLOR WILLIAMS
INTAKE COORDINATOR RECEPTIONIST

Taylor is a North Carolinian who joined the Kinect team here in 2023! In her spare time, she loves to watch YouTube videos, try new restaurants, and most importantly sleep. She's full of laughter and fun.

PATIENT SUCCESS

**“Awesome therapy and therapists!
Positive reinforcement and great
assessment of our individual needs!
No cookie cutter therapy here!
Bonus-sweet clinic dog!
-Ginger M.”**



Refer A Friend!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

**SCAN THE QR CODE
TO REFER A FRIEND!**



 **Kinect**
PHYSIOTHERAPY



COME BACK TO KINECT!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

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