

# Perth Integrated Health

PIH Cycling Group  
[www.pihc.com.au/cycling](http://www.pihc.com.au/cycling)

Unit 12, 8 Booth Place  
Balcatta (via Erindale Road)  
Tel: 9240 5266 Fax: 9240 1522

Melville Aquatic Fitness Centre  
Marmion St, Booragoon  
Tel: 9364 8626

P.O Box 1574, Applecross, 6953  
ABN: 73 069 383 900  
ACN: 069 383 900

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## FEBURARY 2011 E-NEWSLETTER

### Introduction

This edition refers in many ways how the Engine (Human Body) and the Chassis (Bicycle) are linked together in more ways than one.

Cycling is indeed that unique activity of daily living (ADL) as it encompasses the human aspect of performance, fitness, joint and muscle mobilisation and exercise, cardio vascular strengthening, form of clinical rehabilitation when used correctly and under appropriate supervision as well as other community and environmental aspects of reducing our carbon foot print, our reliance to fossil fuels, our dependency on the motor vehicle for commuting and also to preserve our already fragile atmosphere.

Read on and hopefully you will enjoy the Feb 2011 edition.



As the name implies, it is not really about sexual prowess but really the therapeutic benefits of this innovative Kinesiology tape!

Perth Integrated Health has embraced the appropriate and proper clinical use of Rocktape to more than 200 cyclists since we commenced with our own internal research and due diligence earlier in 2010.

In 2011, we use Rocktape as a assistive and conjunctive application to our hands on clinical skills and it has assisted us as clinical practitioners for cyclists with the following conditions:



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a. Imbalance in Knees due to:

- (1) Side or Collateral ligaments – often due to poor cleat position or techniques
- (2) Popliteal – muscle located at the back of the knee – often due to excessive use of big chain ring and improper saddle /seat post height
- (3) Patella-femoral Syndrome – due to quadriceps muscles tracking incorrectly – often due to use of wrong gears, poor cleat, rotated saddles or improper seating position and poor cycling techniques.

b. Ankle or Achilles Tendon overstrain due to:

- (1) Calf muscles Overstrain – incorrect pedalling techniques or excessive hyperextension due to wrong seat height or positioning.
- (2) Tibialis Anterior Muscles Overstrain (muscles leading to digits of the toes) – due to improper pedalling techniques, knee injury compensation, wrong seat height positioning.

c. Elbow Conditions such as:

- (1) Biceps or Brachialis overstrain (flexor muscles) – due to cramped position and lack of stretching after prolonged distances on the bike or over-reaching due to incorrect bike stem lengths.
- (2) Triceps overstrain (extensor muscles) – with the same effects as above

Most of these elbow conditions if left uncorrected can also manifest and cause associated conditions of the wrist / fingers and also the shoulder region.

In the March edition, we will highlight our use of Rocktape for Neck, Lower Back and Shoulder conditions.

In all of the above circumstances, practitioners at Perth Integrated Health who use Rocktape – do so, in concert with other established modalities in the clinic such as:

1. Neuromuscular soft tissue therapy



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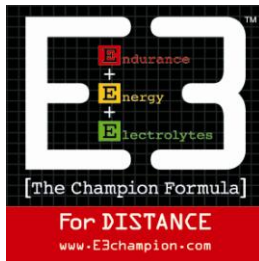
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2. Huber dynamic systems ([www.pihc.com.au/huber](http://www.pihc.com.au/huber))
3. Key Module systems ([www.pihc.com.au/keymodule](http://www.pihc.com.au/keymodule))
4. Exercise Physiology / Personal Trainer
5. Sports Massage Therapy
6. Feet Biomechanics Podiatry
7. Formostar Far Infra Red Treatment
8. Consultation with our Sports Medicine Doctor

What we do not approve of is the use of Rocktape without proper clinical supervision and patient understanding as this product is highly effective as a therapeutic aid in the hands of a competent practitioner but if used merely as a 'crutch' or 'mask' loses its applicable effects.

To know more about clinical methods to help any underlying clinical conditions that you may experience on or off the bike, please call 9240 5266 to book in for your COMPLIMENTARY Biomechanical Screen with one of our practitioners in Feb 2011.

Available at Balcatta or Melville and only via appointment. Cancellations made within 24 hours of the appointment date and time will incur full consultancy charges.



Like all products including Rocktape, E3 has undergone intensive due diligence within the PIHCG and clinic since Cyclosporif Pinjarra in 2010 and we are pleased to announce that we have now incorporated E3 hydration as part of the scope of clinical supplements approved by Perth Integrated Health.



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Use extensively by PIHCG since then for all its major events which include Road, Track, Training, Endurance rides, Triathlon events etc, E3 has proven itself an equitable partner in the provision of hydration supplements.

E3 powered the PIHCG team while assisting Chris Marris –The Flying Cyclist in his Guinness Book of Records attempt and is also dispensed as the recommended product at all of our BHP Billiton- PIHCG cycle skills courses which will include their sponsored E3 bottles for the 2011 course participants.

E3 is now available for purchase at Perth Integrated Health in its large 1 kg pack and smaller packing at both Balcatta and Melville and orders can be placed through our front counter on 9240 5266 (Balcatta) or 9364 8626 (Melville).

Those with iPod and iPad devices should check out the **E3 App** which is available for free download, providing you the link close to the action to national cycling events around the country.

## FIVE Pet Hates of Motorists towards Cyclists which make Sense!

Ok this has been done as a straw poll amongst cyclists and motorists that frequent our clinics and if the data is skewed don't develop an ulcer too much about it – but it does make sense!

That said, it should be remembered that the majority of cyclists ARE ALSO motorists and we should always be mindful whether behind the wheels of the car or behind the handlebar of the bike – that we are users of the road and due consideration of others should be our motto.

It is after all – the primary motto of the Perth Integrated Health Cycling Group.

1. Cyclists driving along high velocity and heavy traffic roads during peak hours.

Let's assume Canning Highway and Stirling Highway during the weekday from 7 am to 930 am and also from 300 pm to 600 pm.



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Come on people – you don't have to exert your rights as a fellow road user by driving all of the motorists crazy by 'speeding' at 25 or 30 km/h in close proximity to vehicles travelling between 50 to 60 km/h.

Why not use the auxiliary roads, many of which run parallel to these major roads? Much less motor vehicles, pedestrians, traffic lights and hazards and the chances of getting home to your loved ones is also a higher possibility each day.

## 2. Cyclists not using cycle pathways or custom built cycle ways when available

Picture Mounts Bay Road as a prime example! Fine section of cycle pathways and the groups or individuals are hogging road to the detriment the already frustrated traffic along the road.

Does not make sense and like #1 even less so during those peak hour times. After all will an extra 2-3 minutes longer on the custom built pathway really make a difference to your life? It probably will – as you avoid accidents to yourself and others!

## 3. Cyclists sneaking up to the front of the traffic lights.

Once again – you probably ride like most mortals an average speed of between say 25-35 km/h and at what acceleration rate at take off?

Compare that to vehicles and motor bikes.....

Staying in your position in line with the traffic is invariably safer and yes you may once in awhile miss the change of lights but once again its about common sense courtesy.

## 4. Wearing Dark Attire / Jerseys

Just in case you did not know – wearing Black DOES NOT REALLY make you thinner or look thinner. Nothing hides nothing when you wear Lycra and the best way to be visible and increase your chances of being noticed is to wear either and / or reflective cycling clothing or light coloured clothing.



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How many of us have been surprised or shocked – while on a bike ourselves when a dark clad fellow rider suddenly appears round a corner or in front of us?!

Consider the same for motorists travelling at much faster speeds....and not able to see us...

## 5. Riding More than Three Abreast

Just in case the Road Rules for Cyclists is a bit vague in your brain – it does state no more than two riders abreast permissible no more than 1.5 metres apart.

It DOES NOT say three or more chatting away, weaving back and forth and driving other vehicular traffic insane! Happens all day along Burke Drive in Applecross!

Once again it is about speed – we are moving slower and they are moving faster and if you are someone who works, has kids, understands emergencies, have meetings, datelines, schedules, medical appointments....be considerate, please.



WANTED! ONE MORE COUPLE to join PIHCG for its 2011 Dolomites Tour which includes the Italian and Swiss Alps!

Pre-requisites: Fun loving couple who love cycling (of course since it's a cycling tour) to travel with twelve other like minded people in late July to August 2011 for 10 days covering some of the most spectacular scenes, locations, restaurants and places that Italy and Switzerland can offer on a bike.

We are looking for a couple who ride but don't mind stopping to take photos, allow themselves to be challenged with distances that suit the individual, be supported by the group and support in turn, have a passion for good food and wine and most importantly understand the importance of friendship on the bike.



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To learn more about the PIHCG Tour of the Dolomites in 2011, please check out [www.puntotours.com](http://www.puntotours.com) and place your enquiries with Vince. For a detailed program of our trip please email Lucy Liongue, Clinical Director and Cycling Coach at: [lucy@pihc.com.au](mailto:lucy@pihc.com.au)

We start our group training and personal fitness development for this tour in late March 2011.



## Developing Upper Body Strength for Cycling

It should not come as a surprise to most cyclists that the use of the upper section of your body (arms and shoulders) is as equally important as that of the 'crank shaft' which is your legs.

Disturbingly though, the majority of cyclists will go out and develop the required 'legs' for cycling but completely forget to develop their upper bodies accordingly.

This is specifically witnessed each day within the clinic with EQUAL number of cyclists presenting with forearm, shoulder, shoulder blade and wrist issues.

Coupled with the use of Bike Ergonomics which is what we undertake on a daily basis, many of these cyclists who are patients are treated and in the process of their



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rehabilitation also encouraged to develop a gradual and planned upper body strengthening program.

In Feb 2011, Perth Integrated Health introduces a purely UPPER BODY strengthening program designed by our in house sport scientists in concert with our coaches within PIHCG.

Bookings are now open for Cyclists wishing to develop and achieve better rehabilitation of their Upper Body – in this uniquely planned once a week (for 8 weeks program).

See attached flyer for more information.

## Christmas Ride with Cameron & Travis Meyer

Our end of 2010 Christmas Ride with the Meyer brothers was a resounding success as the pictures will attest to. Both fantastic young men, with great futures and what gentlemen on and off the bike the pair of them are.

Special congratulations also to Cameron (who is also a patient of PIHC) for his recent Tour Down Under win!



Travis & Cameron Meyer with PIHCG



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Christmas Ride with Meyer Brothers – A Distance Group Picture at Burswood Park  
Courtesy of Ray Constantine

## The Last Word

Lots of upcoming events and programs for 2011 for the cycling community have been planned. Sample the following: track cycling events, long distance rides, registered bunch rides, coaching and training programs, registrations for Team Sierra commencing, community and cycle tour talks etc. Watch this space!

**Ian Wee, Director Sportif, Perth Integrated Health Cycling Group (PIHCG)**



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