

JUNE 2014

## PARK LANE MALL

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**1 HOUR FREE  
PARKING AVAILABLE**

# CITADEL PHYSIO

## PROTECTING YOU AGAINST PAIN AND INJURY

*Citadel Physiotherapy is a private Physiotherapy clinic conveniently located in the Park Lane Mall, downtown Halifax. We provide experienced and caring Physiotherapy & Massage Therapy services.*

## Learn About: CYCLING

Its summertime and that means time to get out on your **BIKE**. Bike riding is one of the easiest ways to stay fit, promote cardiovascular health, and improve muscular endurance. It is a relatively inexpensive exercise that can be enjoyed by the whole family.

### **HOWEVER, a correct bike fit is absolutely essential. WHY??**

In a one hour bike ride the average cyclist completes over **3000** strokes so if the bike does not fit the rider, the joy of biking can easily turn to **PAIN**.

### THIS MONTH'S EDITION WILL FEATURE KEY TIPS FOR A PROPER BIKE FIT.

**PHYSIOTHERAPY CAN HELP:** IF injured while cycling, consult a health care professional. Physiotherapist are regulated health care professionals with the knowledge and skills to help relieve pain, increase mobility, build strength, and improve balance and cardiovascular function.

A physiotherapist will assess your injury and provide appropriate treatment to help you get back up to speed as well as give advice on how to prevent recurrence of injury.



**CHECK OUT OUR NEW WEBSITE:**  
[www.citadelphysio.com](http://www.citadelphysio.com)

**FIND & LIKE US ON FACEBOOK**  
[www.facebook.com/citadelphysio](http://www.facebook.com/citadelphysio)



### **ABOUT OUR PROFESSIONALS**

With over 40 combined years of clinical experience, the staff at Citadel Physiotherapy provides quality Physiotherapy and Massage Therapy services in a warm and friendly environment!

#### **STAFF:**

**DANIELA RUBINGER** – PT, Clinic Director  
**LEIGH HEPDITCH** – PT, Certified Manipulative Therapist  
**VÉRONIQUE TROTTIER** – PT, Certified Manipulative Therapist  
**CHERYL GIBB** – Registered Massage Therapist  
**EMILY KEAST** – Registered Massage Therapist

# BIKE FIT KEY TIPS:

Physiotherapists recommend the following **BIKE FIT** tips to ensure a longer, more enjoyable riding season:

## FRAME SIZE

- Stand over your bike's top tube (between the saddle and the handlebar)
- **ROAD BIKING** – one inch of clearance between your buttocks and the frame
- **MOUNTAIN BIKING** – two to six inches of clearance between your buttocks and the frame

## SEAT POSITION

- The seat/"saddle" should be level for endurance & recreational riding
- Seat height should be set so your legs are not quite fully extended at the bottom of each pedal stroke
- The straight leg should have a slight bend in the knee, roughly 30-degrees
- **If you have to shift your seat with each stroke, your saddle is too high and needs to be lowered**

## HANDLEBAR POSITION

- Higher handlebars will have you put more weight through the saddle rather than causing stress in your back and neck with handlebars that are too low
- Taller riders should have lower handlebars in relation to the height of the saddle

## SHOE/FOOT ALIGNMENT

- Your feet should point straight ahead and you should have a little sideways movement between the pedal and the shoe to allow your joints to follow a natural pedal stroke
- **RULE-OF-THUMB:** continue adjusting your feet until you feel no torsional, or twisting, stress in your leg as you pedal



Citadel Physiotherapy is pleased to be a friend of **Team in Training Halifax (TNT)** providing educational sessions, physiotherapy, and massage therapy services to the runners as they train to participate in 5K, 10K, Half, and Full marathons. Team in Training works to raise funds for the Leukemia and Lymphoma Society of Canada.

Citadel Physiotherapy offers discounted Massage Therapy services to Team in Training members, as well as monetary donations.

TO LEARN MORE PLEASE VISIT THEIR WEBSITE:  
[WWW.TEAMINTRAINING.CA](http://WWW.TEAMINTRAINING.CA)

## DIRECT BILLING

Citadel Physiotherapy is now part of the TELUS Health Network which allows us to bill directly for most insurance companies including Sunlife, Great West Life, Standard Life, and Chambers of Commerce.

Citadel Physiotherapy also continues to direct bill Medavie Blue Cross, Crawford Adjustors, Dalhousie & SMU Student Health Plans, Greenshield, and other insurance companies.

We are dedicated to our patients and will help in any way possible to make sure your experience with us is a memorable one.

*Please contact the clinic at 902.442.5623 and speak to our administrative staff for more details and coverage information.*



### TESTIMONIAL:

"Thanking your team for the great care I am receiving. I will be sure to tell my friends and family to visit when required."

- JANICE L. (May 2014)

**FROM OUR FACEBOOK PAGE**