

# Pearson Physical Therapy Newsletter

May 2014

Vol. 2- Issue 5

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National Bike  
Month

## Scoliosis—Frequently Asked Questions

### What is Scoliosis?

Scoliosis is a common condition that affects many children and is simply defined as a sideways curve of the spine. Instead of a straight line down the middle of the back the spine has either a "C" or "S" curve to it.

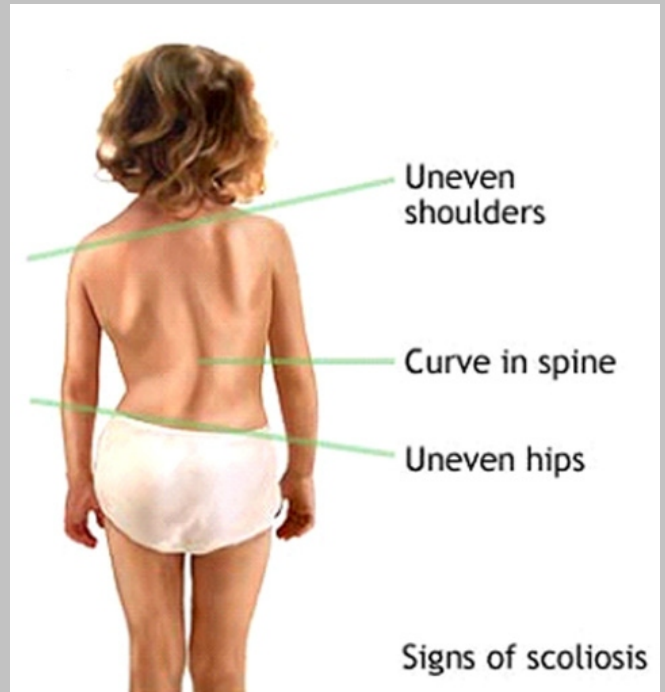
### How do I know if my child has scoliosis?

Often times scoliosis screening is done in the school system and you are alerted if there are abnormalities found. If you notice the signs of scoliosis, such as uneven shoulder height, a sideways curve in the spine, or uneven hips, it is important to talk to your physician or physical therapist about the abnormalities that you see.

### What do we do if our child is found to have scoliosis during a screening or during a routine doctors visit?

- It is important to visit with your physician about the findings and they can perform x-rays to determine the severity of the curve. If caught during the formative years, physical therapy can be VERY beneficial in correcting the postural abnormalities that are developing.
- If physical therapy intervention occurs early in the diagnosis of scoliosis, we can help minimize the long term effects of spinal deterioration due to the muscle imbalances
- When we restore normal alignment and stabilization of the pelvic girdle, we can then build on that form foundation to restore normal spinal mechanics throughout the lumbar, thoracic and cervical spines.
- Physical Therapists can educate patients and their families in ways to help restore and maintain optimal postural alignment and muscle balance, which can be crucial in the formative years.

Please call 872-5800 if you have any questions or would like to schedule an appointment for an evaluation.



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# Stride Clinic

May 17 at PEARSON  
Physical Therapy

Call 872-5800 to schedule your 30 min. appt [www.pearsonpt.com](http://www.pearsonpt.com)



FREE

## Bike Fit Tips for Healthy Cycling

. May is National Bike Month, so we are providing some tips on keeping pain free while you bike. Bicycle-related pain and injuries are commonly associated with poor bike fit. If you have pain related specifically to cycling, you might have a bike fit problem.



### Bike Fit Basics

Keep a controlled but relaxed grip of the handlebars.

Change your hand position on the handlebars frequently for upper body comfort.

When pedaling, your knee should be slightly bent at the bottom of the pedal stroke.

Avoid rocking your hips while pedaling.

### Problems and Possible Solutions

Problem: Anterior (Front) Knee Pain

Possible causes are having a saddle that is too low, pedaling at a low cadence (speed), using your quadriceps muscles too much in

pedaling, misaligned bicycle cleat for those who use clipless pedals, and muscle imbalance in your legs (strong quadriceps and weak hamstrings).

### Problem: Neck Pain

Possible causes include poor handlebar or saddle position. A poorly placed handlebar might be too low, at too great a reach, or at too short a reach. A saddle with excessive downward tilt can be a source of neck pain.

### Problem: Lower Back Pain

Possible causes include inflexible hamstrings, low cadence, using your quadriceps muscles too much in pedaling, poor back strength, and too-long or too-low handlebars.

### Problem: Hamstring Tendinitis

Possible causes are inflexible hamstrings, high saddle, misaligned bicycle cleat for those who use clipless pedals, and poor hamstring strength.

### Problem: Hand Numbness or Pain

Possible causes are short-reach handlebars, poorly placed brake levers, and a downward tilt of the saddle.

### Problem: Foot Numbness or Pain

Possible causes are using quadriceps muscles too much in pedaling, low cadence, faulty foot mechanics, and misaligned bicycle cleat for those who use clipless pedals.

### Problem: Iliotibial Band Syndrome (ITBS)

Possible causes are too-high saddle, leg length difference, and misaligned bicycle cleat for those who use clipless pedals.

Don't let pain stop you from bicycling. Give Pearson Physical Therapy a call at 872-5800 & we will help you get back to riding your bike pain free.