



**Ada Bone & Joint Clinic**  
brings you  
**Common Sense in Medicine**  
by  
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**Bicycling**

One of the best forms of exercise is bicycling. It is not likely that any of us will match the endurance of Lance Armstrong. The Tour de France which Lance has already won six times is 2254 miles in 21 days. That is more than 100 miles a day. Day after day after day.

The good news is that we can get in shape riding 30 minutes a day. We can even do it on a stationary bike in air conditioning. It can be done with a gradual increase in time or resistance so we can get stronger. It can increase our cardiac output, develop our lungs, strengthen our legs and help us lose weight.

Often people who can't walk far enough to get a cardiac workout because of knee problems can do so on a bike if it is adjusted properly. The seat of the bike needs to be as high as possible. Your leg should be almost completely straight when the pedal is toward the bottom. There are even recumbent exercise and regular bikes that you pedal almost lying down.

On a bike your weight is

on your buttocks, so you control how hard you push with your knees. Also if the bike has toe straps, then you can also exercise the hamstring muscles in the back of the legs by pulling up on the pedals.

Riding a bike outside is fun. But, remember, ride with the traffic. Wear a helmet and bright clothes. And always assume drivers don't see you even if they look right at you.

Bicycle rallies are held somewhere every weekend and are a lot of fun. They are for distances of 10, 25, 50 or even 100 miles. A famous one in August is in Wichita Falls called the "Hotter 'N Hell Hundred" and has 10,000 riders. The town provides rest stops every 10 miles or so with fruit and drinks for the riders.

Riding bicycles can also be a great family sport enjoyed by everyone. Give it a try.

**Bicycling**  
**By David Hubler MD**

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