



Returning Patients to the Speed of Life

Physical & Hand Therapy

Centralized Scheduling

Phone (913) 384-1642 or (816) 554-9559 • Fax (913) 384-0558

www.serctherapy.com

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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries/disorders

OUR CLINICS

Belton
 Blue Ridge Tower
 Harrisonville
 KC North
 Kearney
 Lansing
 Lee's Summit
 Liberty
 Metro North
 Olathe
 Overland Park
 South Raytown
 Shawnee

In the Clinic: Common Biking Injuries

Most bicycling injuries occur as a result of overuse or improper use. These types of injuries include lower back pain, numb toes or burning feet, hand injuries, shoulder pain and knee injuries.

There are several things you can do to decrease your risk of bicycling injuries:

1. Get into the habit of standing and riding with a straight back. This will ease the lower back pain and also improve your riding.
2. Change hand positions frequently and keep the wrist straight.
3. Make sure your feet are straight when you clip into the pedals if you use cleats; and remove any irregular seams, straps or buckles from your shoe that may be pressing against your foot.
4. Keep the elbows slightly flexed to stop the 'road shock' transferring to the arms and upper body.
5. Adjust the seat height and the reach to the handle bars to reduce pressure on your joints.
6. Build your cycling fitness slowly through progressive training that also includes a stretching and core



strengthening program in conjunction with your riding.

If you are suffering from pain as a result of a bicycling injury, physical therapy can help.

SERC is sponsoring the LIVESTRONG Tour de BBQ cycling event here in Kansas City on Saturday, October 3rd.

Check us out on the Partners page at www.tourdebbq.com!

** For more information about the LiveStrong organization visit www.livestrong.org **



Meet the Staff: Chad Helmer, PT

Chad Helmer has been at SERC of Liberty since 2002. He specializes in orthopedic and sports-related injuries, manual therapies, as well as vestibular and balance

therapy as a staff member of MABI (Mid America Balance Institute). He enjoys working with endurance athletes in both cycling and running. Chad is an avid cyclist and

participated in the US Cycling Coaches program. He has wonderfully supportive wife, Angie, and two beautiful sons Caden, 4, and Finn, 8 months.