

Mayo Clinic Minute: Tips to prevent injuries while biking

Editor's note: May is both Traumatic Awareness Month and Biking Month

Bicycling is a great way to stay active and enjoy the outdoors. Whether you're a recreational rider or a daily commuter, it's important to protect your hands and wrists. Dr. Sanj Kakar, a Mayo Clinic orthopedic surgeon specializing in hands and wrists, shares practical tips to prevent injuries while biking.

Video

Audio

	Whether you're a pro or biking for fun, there are common injuries all cyclists might experience.
	"The first one is a traumatic injury if somebody falls off a bike."
	Common breaks from traumatic injury include wrist fractures, says Mayo Clinic's Dr. Sanj Kakar.
Sanj Kakar, M.D. Orthopedic Surgery Mayo Clinic	"We also see overuse-type injuries. So, for example, we see patients where they're pressing on the brakes for too long, squeezing hard, putting pressure on their palm, and their hands sometimes fall asleep — called numbness and tingling."
	Dr. Kakar says it could be carpal tunnel syndrome, a condition you don't want to ignore.
	"If you have numbness and tingling in the fingers, it is something I wouldn't ignore because if you have carpal tunnel, we worry about that."
	He says the numbness and tingling can become permanent and result in the loss of muscle strength.
	"Having thicker grips, you're not squeezing as hard, (which) can also help. Bike gloves help as well. Sometimes puts your wrist in a better position than putting pressure on your palm. There are simple preventive measures you can take."
	You can't always avoid an accident, but you can make your ride safer by always wearing a bike helmet.
	For the Mayo Clinic News Network, I'm Joel Streed.

