Mayo Clinic News Network Headline

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Bicycle Safety

Video

Vivien Williams

Audio

Hi I’m Vivien Williams with a Mayo Clinic News Network Headline.

VO: bike video

Springtime is finally here and many people who’ve been cooped up inside because of lingering winter weather are getting outside and hopping on their bikes. This is a great time to think about bike safety. The CDC reports close to 800 people die in bike accidents each year and more than 500-thousand end up in the emergency department. Mayo Clinic sports medicine specialist Dr. Ed Laskowski has tips on how to stay safe on the road.

sot:

Edward Laskowski, M.D.
Mayo Clinic sports medicine

“One of the things to make sure is that the bike fits you properly. If you’re unbalanced on the bike, say, maybe the seat is too high, you’re putting too much pressure on the wrists, that can cause some wrist pain, that can cause some back issues too. You want to make sure you get one that fits you the best.”

Vivien Williams

Pay attention to traffic and of course, always, always, always wear a helmet.

sot: Edward Laskowski, M.D.
Mayo Clinic sports medicine

“It’s about an 80-percent reduction with the wearing of the helmet so it really protects you.”

Vivien Williams on camera

And that’s today’s Mayo Clinic News Network Headline, I’m Vivien Williams