



Doctor knows best

DESPITE THEIR BEST EFFORTS, very few GPs and health professionals have an appreciation of cyclists' needs — but Robert Garbutt knows a chiropractor who does...

IT'S not just the Lycra, cyclists just don't fit in with the majority of the UK population's perceptions of normal life.

Take health issues. Obesity is an increasing problem, most people just won't do any exercise at all, yet there is a small percentage who get depressed if they can't ride their bike for at least three hours every Sunday. At best, 'normal' people use exercise as some sort of guilt-driven life insurance programme. They don't visit the gym because they want to, and any injury they pick up is a welcome invitation to rest.

But I don't rate our chances in the health system. If I go to see my GP with a bad arm, which is aggravated by riding a bike, he suggests treatment for the arm and not riding the bike. Over a period of more than a year I have physio on my neck but I am discouraged from cycling in case I aggravate things.

It's a stalemate. My condition has improved so that I am not too uncomfortable, but cycling is still excluded. This treatment is seen as successful. I can drive a car and sit in front of a TV with little discomfort. But nobody gets this bike riding thing!



Back on the road: Garbutt rides again



Treatment involves a thorough physical study

That is, until the arrival of Michael Lanning. The fact that he is a cyclist means that we share common ground, and a cyclist doesn't need to waste his or her time explaining how bike riding works. And it goes further. By discussing how you ride a bike Lanning can work out what's been going wrong. There's a lot of talking about the Gonstead method and comparatively little hands-on treatment.

What matters is that it worked for me and, although Lanning's treatment won't be right for everyone, I would recommend any injured rider giving it a try.

MICHAEL LANNING EXPLAINS THE INS AND OUTS OF GONSTEAD

YOUR QUESTIONS ANSWERED

WHAT MAKES A GONSTEAD PRACTITIONER DIFFERENT FROM ANOTHER CHIROPRACTOR?

The main differences between Gonstead doctors and other chiropractors is the examination and treatment protocols.

The examination utilises a heat reading instrument, manual palpitation, postural findings and x-ray analysis. The treatment comes in the form of a specific spinal adjustment and is based upon the detailed examination.

HOW DO I FIND A GONSTEAD PRACTITIONER NEAR ME?

Unfortunately there are very few in this country. The best place to find out is: www.gonsteaduk.co.uk or www.gonstead.com

IS IT EXPENSIVE?

Absolutely not! Can one really put a price on their health? Initial consultation, which consists of a very thorough history, chiropractic and orthopaedic exam and x-rays, costs £110. If you are considered



Pining no more: cycling was but a fond memory for months