



Right: Alamy

Health

Riding after hip replacement

Q I've just turned 60. In December 2021 I had a right hip replacement (Birmingham hip resurfacing). Sadly I suffered a periprosthetic fracture eight weeks later and had a full hip replacement in February 2022. I cycle regularly using an e-bike, always with the power on. I'd love to go back to non-electric cycling but am worried about wearing out my hip within my lifetime. Could you advise me on the best plan for my future cycling?

Peter James

A This is a subject close to my heart as I am about to have a total hip replacement. My understanding is that the new acetabulum (hip socket) is a ceramic or metal cup lined with plastic, into which the new metal femoral head is fitted. The socket is pretty tough and – apart from high impact exercise like running, contact sports or martial arts – most exercise is encouraged.

Before and after surgery it is recommended to exercise to strengthen the muscles around the hip to aid recovery and prevent dislocation. In the early weeks a static bike is advised, along with an exercise regime, but after about 12 weeks your physio should give the go-ahead to resume road biking. As long as you have strengthened the muscles correctly, your new hip should cope fine. The e-bike takes a lot of the work out of cycling but there is no reason why you

shouldn't use your normal bike if you start gently and build up the effort.

More information can be found online at nhs.uk/conditions/hip-replacement.

Dr Kate Brodie

Technical

Even lower gears

Q At the age of 75, I now need lower gears on my new Boardman ADV 8.9 Men's Adventure Bike. So far, I've changed the Shimano CS-HG50 10-speed 11-36t cassette to a 11-42t cassette and the inner ring of the FSA Omega, 48-32T chainset to 30t (the smallest one I could find online).

This has reduced the lowest gear from 25in, as supplied, to 20in. I rarely use the 118in highest gear but I need to reduce the lowest gear further, ideally down to 16in like on my mountain bike. What's the best way to do this?

Ian Coy

A Given that you have already swapped to a significantly larger cassette, the obvious solution is to fit smaller chainrings. Since you can't go smaller than a 30t inner on the FSA Omega, this will mean swapping chainsets. The Spa Cycles TD2 Super Compact goes down to 40-24, which will get you where you want to be. It requires a square-taper bottom bracket so you'll need to change that at the same time. Otherwise, take a look at the options in



'Does your bike need lower gears?', Cycle Feb/Mar 2020 (which is now online: cyclinguk.org/lower-gears).

Richard Hallett

Technical

Hard-to-fit tyres

Q I recently bought a Gazelle Ultimate T10 HMB low step-through e-bike for my wife. The tyre valves seem too short for its deep section rims, with only 5mm or so protruding.

A bigger problem is that the tyres (28x1.75 Schwalbe Energizer Plus G-Guard 5) are extremely difficult to refit, even using Park Tool tyre levers and talcum powder in the comfort of a workshop. I reckon the make-do solution is to fit new tubes and carry a seating tool/lever for hard-to-fit tyres. What would be your recommendations?

Roger Barnes

A You don't state the length of your existing valves. Continental offers tubes with 60mm valves in your size, which may improve matters. Otherwise, tubes with removable cores allow the use of valve extenders. An alternative tyre may be easier to fit, although this would require experiment.

Do you finish installing your tyres at the valve? This allows you to press the bead into the well of the rim at the opposite side of the wheel and get enough slack to pass the bead over the lip at the valve. If you do this already, a seating tool may be your best bet – see cyclinguk.org/tight-tyre-tools for reviews of four.

Richard Hallett

Get in touch

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