...healthy legs for life

The Lindsay LegClub Foundation

St Johns Website

I would like to comment on the recent remarks made to the Institute of Advanced Motorists about the risk of DVT being caused by the blood flow restrictions in motorcyclists' legs.

Venous incompetence caused by varicose veins leads, apart from the discomfort, to increased risk of leg ulcers and their attendant risks. If one has varicose veins, or a predisposition towards them, one needs to encourage lower limb venous circulation. This is why I wear prescription compression hosiery.

Most modern motorcycles, except perhaps the Harley Davidson type and scooters, require the rider to sit in an almost 'Tadpole' attitude with the knee bent to such an angle that circulation is restricted behind the knee. Even the large touring bikes have this problem but to not such a degree. This is exacerbated by the necessarily thick trousers that riders wear for protection.

In the 1960's I rode motorcycles that positioned me with thighs horizontal and lower legs vertical; i.e. the angle behind the knee was not less than 90 degrees and blood flow was not restricted. Should someone with the necessary expertise be talking to designers and manufacturers of motorcycles to see if, in the long term, this problem might be relieved?