To Bike magazine letters page

A slapped wrist for Bike for trivialising a potential health issue for its readers ('No to Nora Batty Stockings', Bike Nov 2007). Bikers should be aware that restricted legroom, of sports bikes in particular, and consequent sustained periods of acute hip and knee angles, can occlude blood flow to the legs, increasing risk of DVT and causing cumulative damage to the legs' venous system. Long term effects include venous hypertension, varicose veins and leg ulcers. Sadly the suggested bout of knee-down action does nothing to alleviate this. Neither does the regularly witnessed brief straightening of legs on the move, as riders seek to overcome their discomfort.

In fact, awareness of the symptoms and a few simple precautions can minimise potential damage to the lower limb. Far from the 'wrinkly stocking' image, modern compression products, which help maintain healthy blood flow, are virtually indistinguishable from regular socks. So forget about her stockings - do you really want to end up with Nora Batty's legs?

You can find out more on our website: www.legclub.org

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