PHYSIO WORKS
Physiotherapy Massage Acupunture

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A Good Bike Fit for You

Whether you are a serious bicyclist or a recreational rider, when it comes to bicycling, you and your bike should fit well together. A proper bike fit minimizes discomfort, increases efficiency, and helps prevent pain or injury. Physical therapists can evaluate the way your body is positioned on the bike to make sure that your biking style "fits" your functional goals, whether they are for comfort and endurance or for speed and performance.

If adjustments and equipment changes need to be made to your bicycle, consider taking it to your local bicycle dealer. Ask if the dealer knows a physical therapist who can work with you on proper fit. Or, visit APTA's Web site at www.apta.org and click on "Find a PT." Contact a physical therapist who treats orthopedic or sports conditions.

Trunk Position and Shoulder Angle

For the recreational rider, trunk position should be 40-80 degrees from horizontal. Shoulder angle should be between 80-90 degrees. For the road cyclist, trunk position should be between 30-40 degrees and shoulder angle should be between 90-100 degrees.

Recreational Cyclist

The Handlebars

Handlebar position will affect your hand, shoulder, neck, and back comfort as well as the handling of your bicycle. For the road cyclist, correct handlebar positioning will provide better pedaling efficiency, aerodynamics, and improved safety with cornering and braking. The width of the recreational rider's handlebars should allow hands to be slightly wider than shoulders. For the road cyclist, hands should be approximately 2 cm wider than the shoulders for comfort and to help ensure good handling of the bicycle.

Knee to Pedal

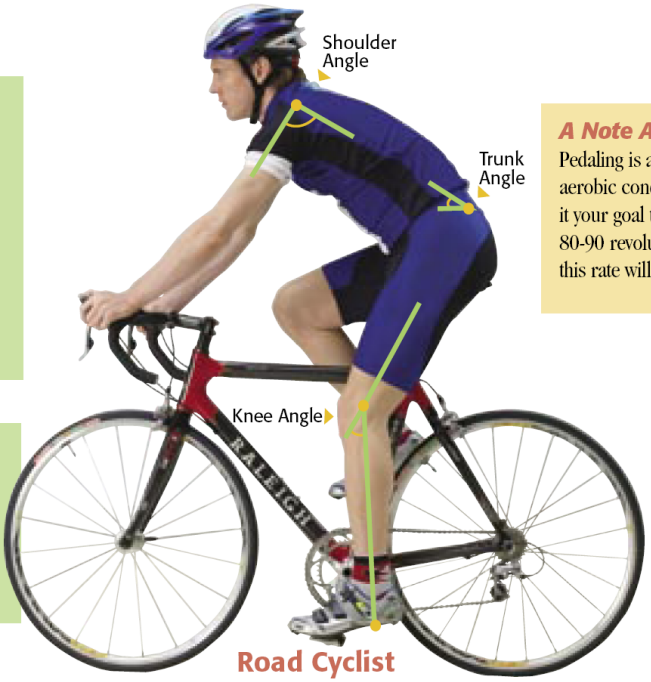
A physical therapist can measure the angle of your knee to the pedal. The closer the angle is to 35 degrees, the better function you will have with less stress on the knee. For the recreational cyclist, the angle should be 35-45 degrees. The road cyclist should have a 30-35 degree angle.

The Saddle

The saddle on your bike should be level. If the saddle tips downward, pressure will be placed on your hands and lower back. The saddle also should be a comfortable distance from the handlebars—too close, and extra weight will be placed on your mid-back and arms; too far away, and you may put extra strain on your lower back and neck.

Foot to Pedal

Position the ball of your foot over the pedal spindle for the best leverage, comfort, and efficiency. A stiff-soled shoe is best for comfort and performance.



Road Cyclist

A Note About Pedaling

Pedaling is a skilled activity that requires aerobic conditioning. You should make it your goal to work toward pedaling at 80-90 revolutions per minute. Pedaling at this rate will lessen your chance of injury.