

# WHEENK! HEALTH

## Tips for Ensuring Bike Fit

Bicycle-related pain and injuries are commonly associated with poor bike fit. Following these tips will help you minimize the risk of injury.

- Change hand position on the handlebars frequently for upper body comfort.
- Keep a controlled but relaxed grip of the handlebars
- When pedaling, your knee should be slightly bent at the bottom of the pedal stroke. Avoid rocking your hips while pedaling.

### **Common Bicycle Pains:**

Anterior Knee Pain- Possible causes are having a saddle that is too low, pedaling as a slow speed, using your quadriceps too much in the pedaling cycle, misaligned cleat and a muscle imbalance in your legs (commonly strong quads and weak hamstrings).

Neck Pain- Possible causes include poor handlebar or saddle position. Handle bars too low or at too great a reach. A saddle with an excessive downward tilt can be a source of neck pain.

Lower Back Pain- Possible causes include inflexible hamstrings, high saddle, misaligned bicycle cleat and poor hamstring strength.

Hamstring Tendonitis- Possible causes are inflexible hamstrings, high saddle, misaligned cleat, and poor hamstring strength.

Hand Numbness or Pain- Possible causes are short reach handlebars, poorly placed brake levers and a downward tilt of the saddle.

Foot Numbness or Pain- Possible Causes are using quadriceps muscles too much in pedaling, low cadence, faulty foot mechanics, and misaligned cleat.

Ilio-Tibial Band Tendonitis- Possible Causes are too high saddle, leg length difference and misaligned cleat.

Physical Therapist can help you correct position and alignment on your bicycle. Feel free to contact us with questions or stop by the clinic for the brochure on Bike Fit.

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