

How to Set up my Bike?

Tips To Avoid Injury or Pain when Riding your Bike

Apart from crashes and collisions, cycling is almost impact free, therefore great for your joints and muscles! It is a great idea to have your local bike shop help you find the right frame size for you and to set you up with a basic bike fit.

Bike fit is crucial - we must also look at how you position your body on the bike! Our specialty!

Here are some simple tips to help you feel great!

1. **Knee Angle** – There should be at about a 30 degree bend when your foot is in the 6 o'clock position. This measurement is taken when your foot is flat, or parallel to the ground, and your pelvis is neutral on the bike seat.
2. **Knee Alignment** - From the front, your knee should stay in line with your foot and hip and not move outwards when cycling around (see red line in photos) otherwise you can develop knee or hip pain.
3. **Pelvis/Hip/Back Position** – **Side to Side:** Ensure your pelvis is neutral in a side-to-side position, as well as front back. Often, riders have their seats too high and as a result, tend to rock side to side when pedalling. This can create lower back pain and hip pain.
Front to Back: Also, riders tend to rock their pelvis backwards and sit on the back of the pelvis – possibly because the seat is uncomfortable? If able, please try to keep a neutral position with some weight on the front so that your back is neutral and not flexed or rounded. This can lead to back & hip pain. If seat is painful, maybe a new seat is warranted.
4. **Ankle Position** – Think about slightly dragging your heel on the ground when you bring the pedal around the bottom of the pedal stroke to keep your ankle neutral position and avoid any problems with ankle, foot numbness or pain, or Achilles or calf pain.
5. **Arm positioning** – You should have about a 15-30 degree bend in your elbows and soft loading on your wrists so to avoid overloading the upper body. When arms are straight, people get more wrist, elbow, shoulder and neck problems resulting from this.
6. **Breathing** – Please remember to breathe into your diaphragm when riding to ensure good mechanics of breathing, softening in your mid back and neck, as well as better performance and endurance. This should help you to use your core when riding too!



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