

UW Medicine

## **Bike Fit Program**

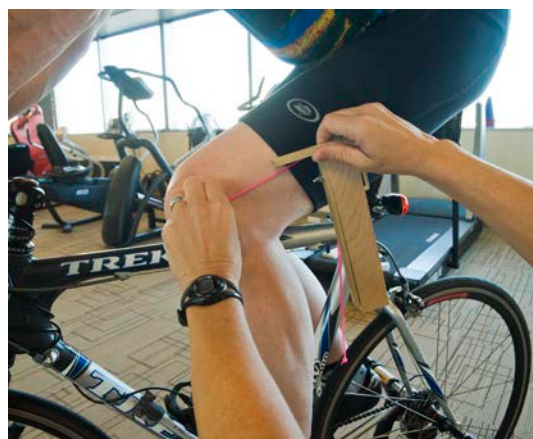
*At UW Medicine Sports Medicine Center*

*This handout explains the Bike Fit Program at the UW Medicine Sports Medicine Center at Husky Stadium.*

### **What is the Bike Fit Program?**

The UW Sports Medicine Center Bike Fit Program pairs you with a physical therapist (PT) who has special training in bike *biomechanics* (the study of how the muscles work when riding a bicycle). At your appointment, the PT will:

- Evaluate your strength, flexibility, core stability, and foot mechanics
- Do a full biomechanical assessment of how your body works while you ride your bike
- Suggest ways you can change the position of your body while cycling or make changes to the bike to improve your performance and reduce your risk of injury



*The Bike Fit Program can help you improve your performance and reduce your risk of injury when cycling.*

### **How do I prepare?**

When you come in for your Bike Fit visit:

- Bring the bike you wish to be fitted for.
- Wear your cycling clothes and shoes.

### **What can I expect?**

- Your bike will be placed in a bike trainer.
- While you are pedaling your bike on the trainer, the PT will measure and assess your biomechanics and the fit of your bike. This may take up to 45 minutes.

- The PT will give you feedback on how to adjust your bike, your form, or both.

### **Who can make a Bike Fit appointment?**

- Any level of bike athlete can make an appointment, from novice to elite.
- You must have your own bike and be able to bring it to your appointment.

### **Is the Bike Fit Program covered by insurance?**

Most health insurance policies cover the Bike Fit assessment. Talk with your insurance agent to find out for sure.

#### **Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Sports  
Medicine Center: Call  
206.598.DAWG (3294) and  
press 8.