

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 2.