

Preparing for Your Bike Fitting

At UW Sports Medicine

UW Medicine
UNIVERSITY OF WASHINGTON
MEDICAL CENTER

This handout explains what to expect at your bike fitting appointment and how to get ready. A bike fit helps your body feel better and move more easily when you ride.



Scan for a digital copy of this handout.

What is a bike fitting?

The UW Sports Medicine Bike Fitting program pairs you with a physical therapist who understands how the body moves during cycling. They look closely at how your body moves and what it needs to feel better on the bike. A bike fit can be a helpful part of your regular physical therapy, especially if you are healing from an injury or have pain from riding.

What to Expect at Your Visit

- Your appointment may last 60 to 90 minutes. Sometimes a second visit is needed to make small changes.
- Your bike may be placed on a trainer (a machine that lets you ride indoors). If your bike does not work with the trainer, like some electric bikes, we can still do a fit without it.
- We focus on how your body fits your bike. We do not do bike repairs, and we cannot fix bike problems or add new parts. Please see a bike shop for those needs.



Taking measurements during a bike fitting.

How to prepare:

- Make sure your bike is clean and works well.
- Remove anything that blocks the back wheel, seat, or handlebars (like bags or racks).
- Wear your cycling clothes and cycling shoes to the appointment.
- Bring the bike you want us to fit.
- Please arrive on time. If you are late, we may need to reschedule.

Insurance Coverage:

- Insurance usually covers 1 bike fit if it's medically needed.
- Your visit is billed like a regular physical therapy evaluation or follow-up.
- Insurance usually does **not** pay for fitting more than 1 bike.

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 (3894) and press 2.