

Preparing for Your Bike Fitting

At UW Sports Medicine

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.