

# Allsports Physiotherapy and My FootDr – Bike Fit & Injury Prevention Tips

The teams from Allsports Physiotherapy and My FootDr share their health care tips on how to ensure the best bike fit for your ride day. However, it's important to note that a professional bike fitting performed by a trained specialist is the most accurate and reliable way to ensure optimal bike fit and minimise the risk of injuries.

**Here are some key points to consider:**

- 1.** Frame size: Ensure that your bike frame is the appropriate size for your body. A bike that is too large or too small can lead to poor posture, discomfort, and increased strain on your muscles and joints.
- 2.** Saddle height: Adjust your saddle height to achieve proper leg extension while pedalling. When your pedal is at the lowest position, your leg should have a slight bend, without fully extending or being excessively bent.
- 3.** Saddle position: Your saddle position should allow your elbows to be slightly bent. Your hands are positioned on the brake hoods on road bikes or handlebar grips on flat bar bicycles. This allows you to absorb road vibrations and not suffer from painful wrist and elbow joints.
- 4.** Saddle tilt: The tilt of your saddle can affect your comfort and pressure distribution. Generally, a level or slightly nose-down position works well for most individuals. You can use a float level to ensure the saddle is positioned level or ¼ bubble nose down. If your saddle is nose up this can create discomfort on your under carriage. However, if you have specific discomfort or issues, consulting with a specialist is recommended.

5. Handlebar position: Adjust the handlebar height and reach to ensure a comfortable riding position. Angled stems and headset spacers can optimise your position to reduce stress on the neck. A physiotherapist or bike fitting specialist can help you find the optimal handlebar position to minimise strain on your neck, shoulders, and wrists.
6. Cleat alignment: If you use clip-in pedals, proper cleat alignment is crucial. Make sure your cleats are not loose or excessively worn. If they are worn replace the and use a permanent marker to trace around the cleat to ensure you replace the new cleats in the original alignment position.
7. Foot support: Consider the support and alignment of your feet. A podiatrist can evaluate your foot structure and provide advice on appropriate shoe selection, insoles, or orthotics if necessary. Ensuring good foot support can enhance comfort, power transfer, and reduce the risk of overuse injuries.

Remember that everyone's body is unique, and individual variations may require further customisation. During training if you experience pain, discomfort, or persistent issues while cycling, it's recommended to consult with a physiotherapist, podiatrist, or a specialised bike fitting professional who can assess your specific needs and provide personalised advice.

Healthia is proud to be the healthcare partner of B2GC 2023, should you wish to consult with our teams at [Allsports Physiotherapy](#) or [MyFootDr](#) we welcome your contact to customise programs to your needs.

