

THE BENEFITS OF BIKE FITTING

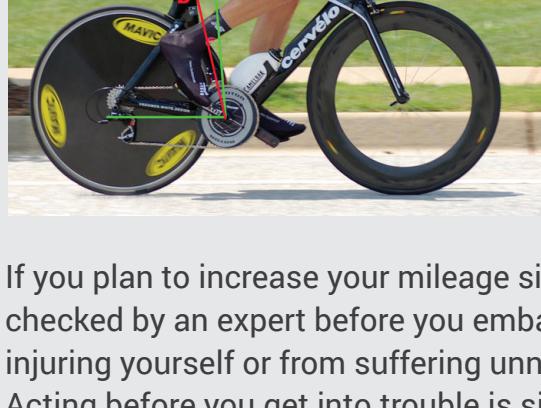
- Increase comfort
- Prevent injuries
- Improve performance

You don't need to wait to be in pain or training for a race to benefit from a professional bike fitting. Anyone who rides a bike can benefit. Most people will be more comfortable & perform better following a professional fitting and as a result will enjoy riding more.

BICYCLES ARE COMPLEX MACHINES

Bike riding is generally assumed to be a simple action, but it's actually quite a complex interaction of scientific engineering and bio-mechanics. If you plan on cycling regularly or cycling for long periods of time then it's really worthwhile. A bike fit is not just about finding speed or performance gains and it's not just for elite cyclists. It can help improve comfort, reduce the risk of injury, increase bike handling ability, and increase safety. Those are some important considerations for those new to cycling or with limited knowledge of it.

Everyone can see a benefit from a bike fitting, but what are the signs that you really need a bike fit? If you ride a bike and suffer any discomfort, then it is time to seek help. Obviously any physical pain or issue that stops you from enjoying cycling or that stops you from achieving your goals is a sign to see a professional.



Common issues caused by an improper bike fit:

- Pain in front or back of knee
- Neck Pain
- Lower back pain
- Numb hands
- Burning or tingling in feet
- Numbness or pain in "saddle" area

If you plan to increase your mileage significantly, it would also be wise to get your position checked by an expert before you embark on your ambitious new training plan. Avoid potentially injuring yourself or from suffering unnecessary pain brought on with your increased workload. Acting before you get into trouble is simple, sound advice. We recommend that people come and see us before they start riding more than they have done and potentially building up improper bio-mechanical compensations or needless injuries.

If you are not in pain, however, you might still be surprised at just how much you could improve your cycling. There may not be any obvious signs to suggest you need a bike fit but there can still be reasons to do so. Some people feel completely comfortable but are in a totally wrong position without even realizing it. Making changes to put them in an ideal position will lead to a performance gain and will help them enjoy cycling even more. Ask anyone who's had a professional bike fitting done and they'll tell you what a difference it made for them.

Call Bikebarn today to learn more about our Bike Fittings!

→ 781-447-7223

