




Care at its Best!

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Tips for the Recreational Cyclist

Follow these tips designed for the recreational rider to minimize discomfort, increase efficiency and help prevent pain and injury when on your bike:

- ⇒ Be sure you and your bike fit well together. If adjustments and equipment changes are needed take your bike to a local bicycle dealer.
 - ⇒ Take your bike for a “tune up” once a year, typically in the spring is a good time.
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- ⇒ Trunk position should be 40-80 degrees from horizontal & Shoulder angle should be between 80-90 degrees. Considering these angles will help to prevent injuries and make cycling more efficient for you.
 - ⇒ The angle of your knee to pedal should be between 35 and 45 degrees.
 - ⇒ The hands should be slightly wider than shoulders. Keep a controlled but relaxed grip & change hand position on handlebars frequently. Try to keep your wrists in a straight position, rather than at an angle.
 - ⇒ Aim to pedal between 80-90 revolutions per minute.
 - ⇒ Wearing cycling gloves can decrease the pressure on the palms of your hands. Some people experience tingling and numbness in their fingers due to the pressure of the handle bars on the palm of the hand.
- ⇒ Cycling shorts are essential for comfort, providing padding in other areas!
 - ⇒ The saddle on your bike should be level and a comfortable distance from the handlebars.
 - ⇒ Good flexibility of the hamstrings, quadriceps, and gluteal muscles is crucial to generate pedaling force and experience a high frequency arc of motion.
 - ⇒ Proper stretching, balance, and strengthening exercises will also help with coordination of bicycling-related skills such as pedaling and maneuvering the bicycle.
 - ⇒ Be Safe: Always wear a helmet, wear bright clothing, use a white light on the front of your bike and a red reflector or light in the rear. Add reflective material on your clothing and bicycle when riding at night.
 - ⇒ Ride with traffic flow, and obey all traffic controls.
 - ⇒ Watch out for parked cars and opening doors.
 - ⇒ Ride on bicycle paths whenever possible. For resources on places to cycle in RI, go to: <http://www.dot.state.ri.us/bikeri/>
 - ⇒ For more information on biking check out the consumer section at www.apta.org



The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

Ph: 401-726-7100 or 401-435-4540

6 Convenient Rhode Island Locations

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