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## **Fitting Tip, Workshops, New Webstore and Website, Updated Email**

### **FITTING TIP**

#### **Back Issues**

Back pain is a common complaint from cyclists, and more common than knee problems according to some studies. It is important to distinguish between pre-existing back issues that are brought to the bike, and discomfort or pain issues that occur as a result of cycling.

Let's just focus on pre-existing conditions for the moment.

Pre-existing conditions are surprisingly common among the cycling population, as the low impact nature of the exercise attracts people with a history of serious back injury. Typical issues relate to either the cervical or lumbar areas. People with broken backs, fused vertebrae and herniated discs are out riding bikes. When sizing or fitting a bike it is important to inquire about any existing back conditions, as this will influence bike choice and set up.



Cervical conditions usually mean the rider has less ability to tolerate neck flexion, meaning they can't look forward while bent forward. The fit protocol is to have rider in a more upright position. That means a shorter reach, and higher bars. How upright depends on their personal situation and neck stability and mobility.

Lumbar conditions vary more widely. Soft tissue only, or not? Fused or not fused? Off bike strength and flexibility vs on bike experience? A suitable bike position is likely going to require some experimentation. A more upright position with less shear stress along the spine will work for some people. However for others this will increase the loading, bump impact and back stress. They may be better with more weight supported through the handlebars. Rider feedback is important, and input and consultation with specialty health providers may be advised. Proceed carefully and with consideration.

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## BIKE FITTING WORKSHOPS

Bike Fitting training workshop season is fast approaching, with a fully revised curriculum for 2016. Updated tools, fit kit protocols, fitting process and procedures, and information.

Attending Winter **Outdoor Retailer** in Salt Lake City? Stay on for one or two workshops in mid January right after it is over. Or come and combine your ski vacation with a bike fitting workshop.

Attending **CABDA** in Illinois in February? Attend a pre or post Expo workshop.

Links to **registration** pages are live on our new website, [here](#).

If you are thinking about attending a workshop, either register online or email your interest to [skills@fitkitsystems.com](mailto:skills@fitkitsystems.com) Posted workshops will only run if there is sufficient demand.

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## NEW STORE, MORE RESOURCES

Fit Kit Systems has launched a brand new **webstore**, with re-organized categories and an expanded product range which will continue to expand. In addition to the refined and proven Fit Kit tools are other bike fitting tools, supplies and information, like the recently published **BikeFit** book by Phil Burt, bike fitter and physio for Team Sky. Buy this for your own Christmas stocking, as it is a great read packed with insights and information.

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## NEW WEBSITE, UPDATED CONTACT DETAILS

No one is every that interested in someone else's new website, which is why this is last! However we are proud of it and wanted to let you know the site is completely redesigned to be easier to navigate and find information, like our online instructional materials, and new bike fitting glossary. The store locator feature is however temporarily out of commission, but a new one is being planned.

In addition to moving to a new domain and new host, the old spam infested emails have been discontinued. **Please remove from your contact list any @bikefitkit.com** addresses as these are no longer in use. Use the email below or the website contact form. Thank you, and all the best for the holiday season.

[Visit our Website and Store](#)

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*Originating over 30 years ago, Fit Kit Systems offers bike sizing and fitting solutions.  
Time tested. Retailer and Fitter Approved. Continually Refined.*



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