

Cycling can be a challenge when you have RSI, but with some adaptations to your bike (or maybe a new one!), most of us can keep pedalling.

Wide high **handlebars** to enable an upright posture will make any bike easier to ride; make sure you relax your shoulders and **rest** your hands on the handlebars while riding.

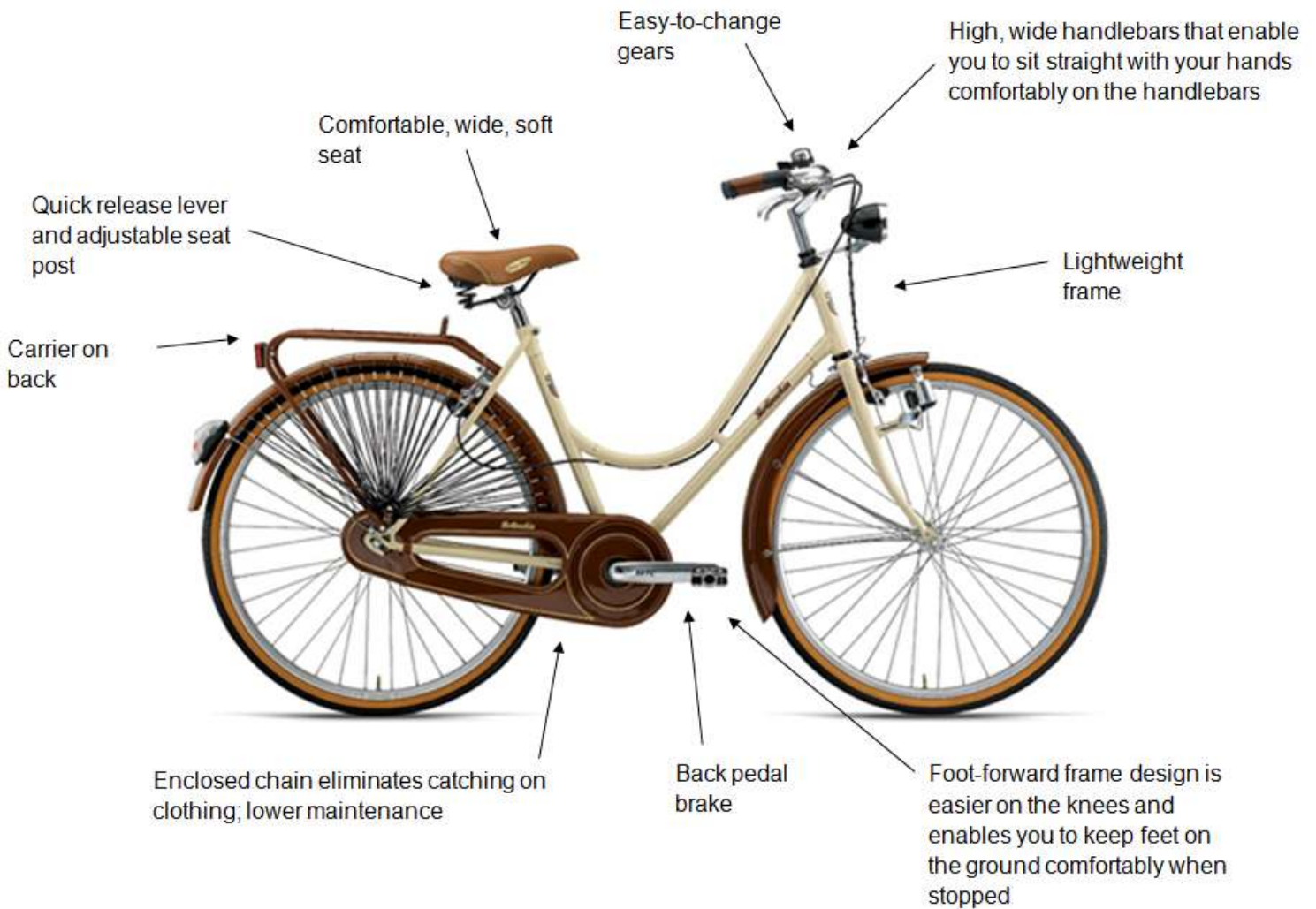
A back pedal **brake** reduces work for the hands, and you can find bikes with a back pedal **gear change** (usually only 2 gears though).

Other things to consider include:

- good suspension to reduce vibration
- quick-release saddle height adjustment
- carry basket/bag on or over the back (a basket on the handlebars will make steering more difficult)
- easy-to-change gears
- enclosed chain to reduce maintenance
- foot-forward frame design to reduce strain on the knees
- lightweight frame for easy lifting



CYCLING



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