

Personalized bikes to better performance and avoid injury

LOCATION: Granada

DURATION: 1'41"

SUMMARY: Researchers at the department of physical education and sports at the University of Granada have designed a model that is able to make personalized bikes for each user, with the objective of bettering their sport performance and avoid accidents. A method, with professional cyclist and also amateurs in mind, which adapts the tool to the person.

VTR:

Continuing to better the performance and avoid cycling accidents. This is achieved with a new method that has been designed by researchers of the University of Granada that are able to make personalized bikes or, if possible, adapt the ones that the users already have.

MIKEL ZABALA
Researcher of the Univ. of Granada

"Using ergonomics, the science that studies the work to adapt the tools to the person and that will work in a much more comfortable way and perform better."

The first thing is to know the athlete better through a short interview and various examinations and physical and psychological tests.

FRANCISCO JAVIER DAFOS
Director of ErgoSport

"What problems they have, if they have any type of disease, what bothers them, their feelings while biking".

After, they finish the tests in a machine that pedals and at the same time measures different parameters and variables.

FRANCISCO JAVIER DAFOS
Director of ErgoSport

"The distinct body angulations are what we are interested in and the forces that are exerted while pedaling."

MIKEL ZABALA
Researcher of the Univ. of Granada

"If we don't preserve our health, speaking of performance is nonsense. Normally when one is comfortable, when everything is ergonomic, in addition to preserve health, we perform better. And there is a third objective that is not undesirable, that is to spend money well."

All of the information that they get they will try to transfer to the bike of the athlete. Changes that they are able to translate, for example, in the height of the seat, the width of the handlebars, or the length of the crank, the element that transmits the power from the pedals to the plates.

MIKEL ZABALA
Researcher of the Univ. of Granada

"Minimal changes that mean a lot, and other times there are more drastic changes, not only in the tools, but also sometimes in the training or in the diet."

The research group at the University of Granada lead by Mikel is the only one in all of Spain that works from the university sphere in the personalization of bikes from the scientific point of view and in a comprehensive manner.

For more information or support please call +34 647 310 157 or email info@andalusianstories.com