

Neck hurting in aero position, why?



[dnavarro82](#) 42 posts since

Apr 24, 2008

Unfortunately, I am using a friends tri bike and cannot touch positioning on the aero bars since he was custom fit to the bike. At first I thought the bike fit perfect, but after a longer ride, my neck starts to hurt. Can I fix this my adjusting the saddle or something else?



[YeahJohn](#) 101 posts since

Jun 14, 2008 **1. Re: Neck hurting in aero position, why?** Jul 19, 2008 6:13 PM

Even with a good fit I think your neck would still hurt some. Try to hold your head in different positions during your ride... roll your neck to the right for a little bit than to the left than back to the center. I read an article a while back talking about making sure you dont ride in the same head alignment position for to long. I hope that makes sense. Your problem could be something way different though...



[IronMakeover](#) 410 posts since

Jul 7, 2008 **2. Re: Neck hurting in aero position, why?** Jul 20, 2008 7:55 AM

Hi there,

It sounds like you have a feel for how a bike should fit. I learned a lot from this [article](#) from BikeSport Michigan. They have really helpful pictures of people on their bikes and explain road and tri bike geometry. The pictures helped me see most common fit problems. Bike fit is really complicated.

I think this video is helpful looking at where neck pain often comes from. [Neck pain](#)

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Here are some other things on neck pain in multisport athletes.

[Back and Neck pain in triathletes](#)

<http://www.triathletemag.com/Departments/Training/2006/story8328.htm>

http://eposter.eurospine.org/cm_data/eposter/P141.pdf

Good luck to you.

Sara



[dnavarro82](#) 42 posts since

Apr 24, 2008 3. **Re: Neck hurting in aero position, why?** Jul 21, 2008 7:19 AM

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Thanks guys...