

Crank Shorteners and Swinging Cranks: Alex Reeves: January 2016

Some people have short legs, one leg shorter than the other or not much motion in one or both legs. This article is to help them ride one of our tandems.

For people with short legs or one leg shorter than the other, Crank Shorteners can help. There are various suppliers of these. We have some sets of the Thorn Crank Shorteners. They fit straight designs of cranks, but don't fit some of the newer, curved cranks. They bolt onto the side of the crank and allow you to put the pedal in several positions. If you'd like to borrow a set then we can send them to you, for the cost of postage.



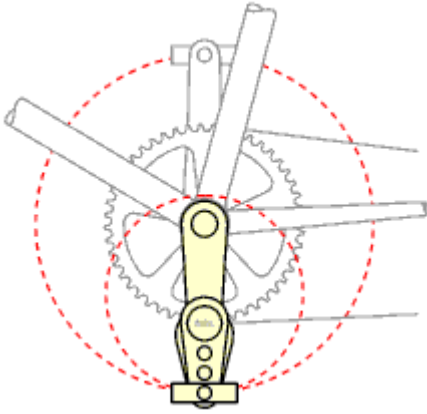
Crank Shorteners

If you want to put a short person on an adult tandem you can also use Kiddycranks. This is more involved than the Crank Shortener method, as it involves an extra chain drive. It is more of a long term solution, but we have a couple of sets of these. Again we can post them to you to borrow, for the cost of the postage.



KiddyCanks (image from the net)

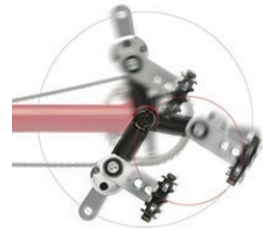
If you have one leg that doesn't bend as much as the other then a Swing or Pendulum Crank may be a better option. We don't have any of these. Here is a good animation to show how they work. <http://highpath.co.uk/pulse-swing-cranks/> Highpath say that they'd lend some to us for free, provided that the Borrower only has them for a month at a time and they are to pay for any damage or loss. Uni-Cam also produce a variety. They don't rent them but will give a 14 day return policy. Get Cycling sell the GC Hase Pendulum Cranks. They don't rent them but will give a money-back guarantee, less postage, if you don't like them.



Highpath Swing Crank



Uni-Cam Retroflex



GC Hase Pendulum Cranks