



How to Fix a Slipped Bicycle Chain

Learn how to reattach a slipped bicycle chain.

Written By: Keely Thompson



INTRODUCTION

Slipped bike chains may be caused by several different problems including poor shifting technique, the chain being too long, or a worn out chain or rear casters.



TOOLS:

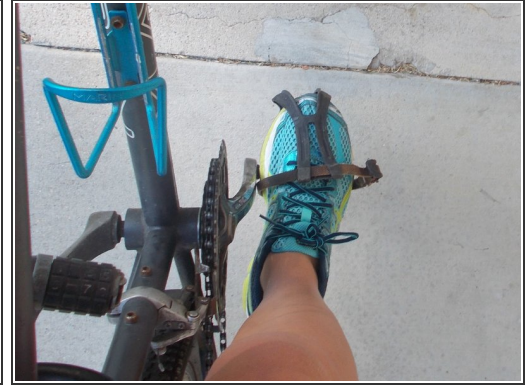
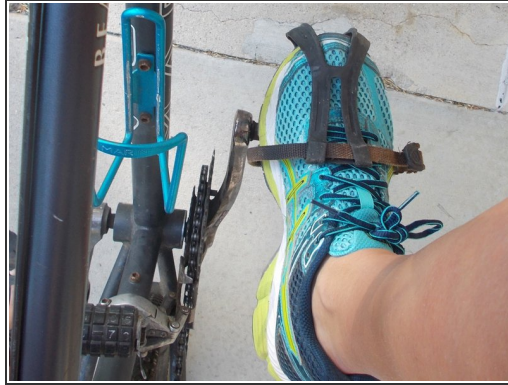
- [Bicycle Chain Breaker](#) (1)



PARTS:

- [Latex or nitrile gloves](#) (1)

Step 1 — How to Fix a Slipped Bicycle Chain



- Before getting off the bike, downshift bike into lowest front gear (using the left shifter).
- ❗ Being in the lowest front gear means the chain will be riding on the largest chain ring.
- Continue pedaling. This step alone may realign the chain.

Step 2



- If Step 1 did not work, get off the bike and lift the rear tire while spinning the pedals with your hand.

Step 3



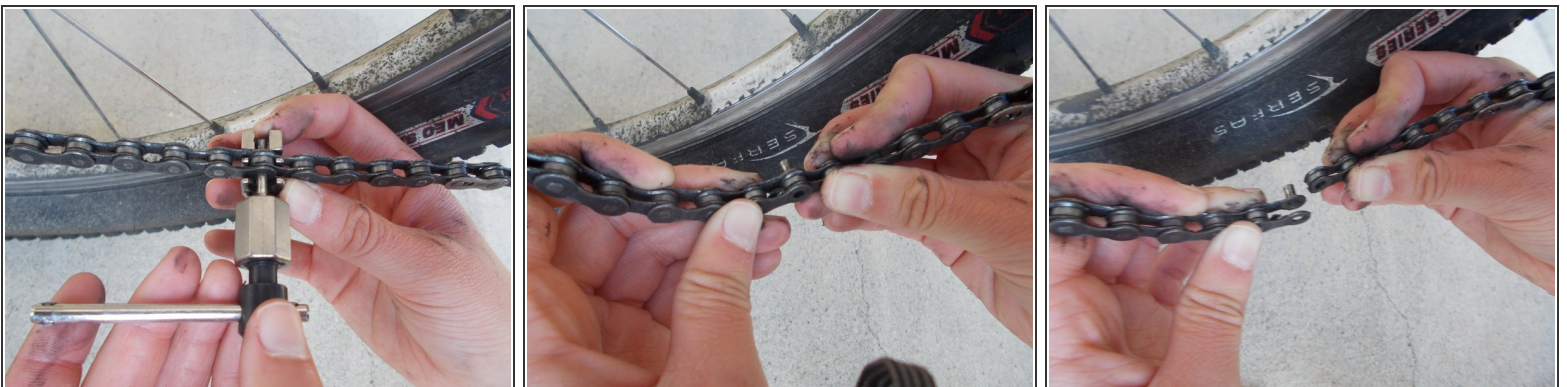
- If Step 2 is not enough, push rear derailleur forward to release tension on the chain.
 - Lift the chain and put it back on the chain ring.
 - Turn the pedals with your hand while lifting the rear wheel to realign the chain (as in Step 2).
- ⓘ Bike chains are very greasy and your hands will get messy. Use a pair of latex gloves, if available, or use a twig or leaf if you can.
- ⓘ This step may take several attempts, but it will work eventually.

Step 4



- ❗ If you experience a lot of slipped chains, your chain might be too long. In this case, you will need to use a chain breaker.
- Put the chain on the outer chain guide of the chain breaker.
- Turn the handle on the chain breaker to push the chain pin part of the way out.
- ❗ This step may take quite a bit of force so don't be afraid that you are going to break something if the pin seems stuck.
- ⚠ Do not push the pin all of the way out or else it will be nearly impossible to put back together.

Step 5



- Remove the chain breaker by backing up the drive pin.
- Pull the chain apart.

Step 6



- Repeat Steps 4-5 to remove a link:
 - ❗ There are two parts to one link (one is narrow and one is wide). Both need to be removed for the chain to fit back together again.

Step 7



- ❗ If the chain fell off the rear derailleur, it needs to be re-fed through the proper pulleys.
 - Feed the chain along the guide pulley (the highest of the two pulleys).
 - Thread the chain inside the derailleur cage in between the tension and guide pulley.
 - Thread the chain in front of the tab.
 - Then, thread the chain over the tension pulley.

Step 8



- To rejoin the chain, align the open ends of the chain.
- Put the chain on the outer guide of the chain breaker with the pin facing the driving pin.
- Turn the driving pin until the pin is equally spaced in between the face plates like all of the other links.

Step 9



- Wiggle the link you just reattached. If it's too stiff, continue on to the next part.
- Put the chain on the inside guide of the chain breaker and turn the driving pin just a little. Check as you go along and continue until proper looseness is achieved.

As before, do not push the pin all the way out.

This document was generated on 2020-11-28 04:17:37 AM (MST).



If your chain continues to slip, the chain or cogs are probably worn out. Have a local mechanic look at your bike and determine which needs to be replaced. If it's the chain, visit this guide <[Triace A310 Chain Replacement](#)>