



PROFESSIONAL BIKE FIT

If you ride a bike you need to read this.

Our physiotherapist (and competitive cyclist) Isabella now offers professional bike fitting services through PHYSIO4ALL.

Professional bike fit is different to a fit at a bike shop. Most bike shops will be able to size you accurately for a bike by following guidelines provided by bike manufacturers that are based on average body measurements. However, each person is different in body shape, size, injury history, muscle control, flexibility and riding style. This is where Izzy can help you! Rather than fitting you to the bike, she fits the bike to you do that you achieve your most comfortable and efficient position.

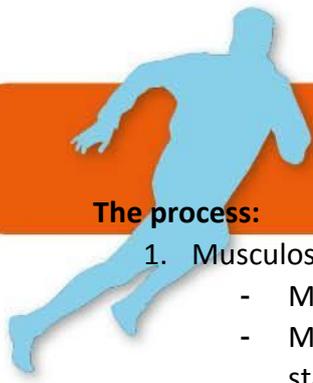


Who should get a bike fit?

- Anyone experiencing pain or discomfort while riding
- Anyone wishing to prevent injury
- Anyone wanting to improve performance

Why?

- Improve comfort and enjoyment while riding
- Improve performance
- Prevent injuries occurring
- Treat any current injuries



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The process:

1. Musculoskeletal screen. This includes:
 - Measuring body proportions and identifying asymmetries.
 - Measuring strength, flexibility, muscular control, core stability
 - Measuring your bike and the angles of your joints as you currently ride
 - Observing your current riding style and technique
 - Identify your ideal set up
2. Rehabilitation Plan. This involves:
 - Creating an exercise-based program to improve any musculoskeletal faults to prevent/treat any injuries and improve your performance on the bike -
Using mental cues to improve your position on the bike
3. Analyse your current setup and compare it to your ideal set up. This involves:
 - Making adjustments to your bike to better position you for power, speed and comfort.
 - Remember, your optimal position is your most comfortable position!



What to bring:

- Your bike
- Your gear: shoes, knicks, tight fitting top/jersey

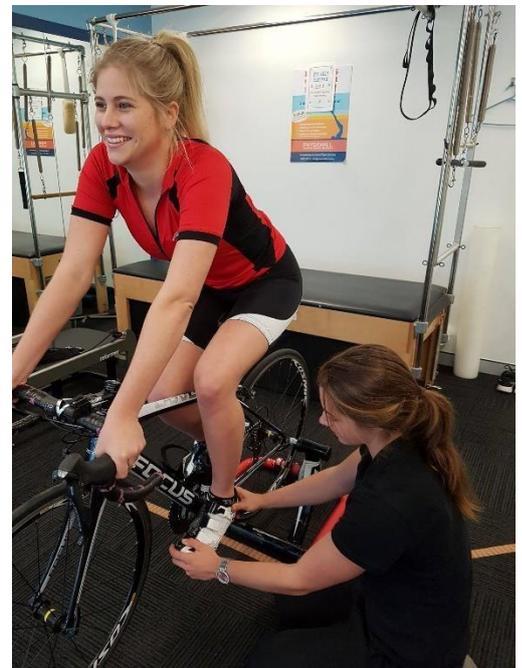
What you get:

- A more comfortable and efficient set up!
- Report of adjustments made and prescribed exercises

Note:

We may make suggestions for upgrading saddles, pedals etc. but we **do not sell** these items.

Fits usually take 2 hours. Appointments available by booking only. Please call 9922 2212 for more info.





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