

BIKE FIT AND ASSESSMENT

Do you enjoy recreational or competitive bicycling?
Have you recently purchased a new bicycle?
Do you have questions regarding bike fit/form?
Do you have pain during or after biking?
Do you wish to start biking after recent injury or surgery and want a good bike fit to prevent further aches and pains?

PROBLEM: Improper bike fit may be causing your pain or leading to inefficient pedaling and cycling mechanics. Recurrent and aggravating strain or injury can occur without proper bike fit.

ANSWER: Contact Cornerstone Physical Therapy for an appointment for a bike fit and assessment.

WHAT WE CAN DO TO HELP:

- 🚲 Modify bike fit to meet individual needs for pain management or performance.
- 🚲 Identify and correct causative pain associated with biking mechanics.
- 🚲 Assessment of cycling and pedaling mechanics to optimize performance and muscle recruitment patterns.
- 🚲 Assessment of specific flexibility and strength needs of a cyclist.
- 🚲 Areas of bike fit we assess: pedals, shoes, seat height, seat fore and aft, cockpit size, bar/stem height, brake hood placement, and aerobar placement.

KNOWLEDGE/EDUCATION

We expanded our knowledge of proper bike fit and assessment through the cycling course "The Biomechanics of the Cyclist: Fit, Function, and Pathology" presented by Jacqui Lockwood, PT and her husband Jeff, a professional cycling coach. This course incorporated proper bike fit with pain assessment and how changes to your bike fit can prevent injury.

INTERESTED in a bike fit and assessment? Cost is \$75/hour if insurance coverage is not available.

If you are having pain while cycling ask your Physician if a Physical Therapy referral is appropriate. The bike fit and assessment can be used as part of your injury evaluation when treating your pain.