

BIKE FIT

Do you get pain when you cycle?
Have you recently bought a new bike?

What can I expect from a Physiotherapy Bike Fit Assessment?

A physiotherapy bike fit assessment fits your bike to you, taking into account your body and any relevant history and your body and fits your bike to you.

Using video analysis we assess your riding style and position from all angles.

Included in the 90 minute session is detailed:

- Adjustments/modifications to customise your bike
- Strength/power assessment
- Flexibility assessment
- Cycling posture assessment

Be the cyclist you want to be - limited only by your imagination, not your pain.

On leaving you will also be provided with a tailored exercise program to enhance cycling performance and prevent injury

Initial consultation (90 mins): \$225
Subsequent reviews (30 mins): \$80



AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION

Member

Contact us to find out more...

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