

BIKE FIT CONSULTATIONS

with Tim Castles, Physiotherapist



WHAT IS BIKE FIT?

Being positioned in a comfortable posture whilst riding is paramount for avoiding overuse injuries and improving pedalling power output.

The most common areas where people report complaints from their cycling position are the lower back, knees, hands and neck.

Our Physiotherapist Tim Castles combines his in depth knowledge of the human body with the best available research on cycling technology and ergonomics to provide riders an individualised bike fit.

The initial assessment takes up to 90mins. This extended appointment time allows for the physiotherapist to take a full medical history and assess the rider's physical attributes, before tailoring the on-bike assessment to take into account any areas of concern found.

Who should consider a bike fitting?

- Any cyclist returning from a long lay off due to injury (eg: knee replacement, broken collar bone)
- Recreational cyclists who are suffering from pain or discomfort when riding their bike
- Club riders looking to optimise their performance and prevent/manage ongoing aches and strains
- More competitive riders trying to find the winning edge at local races
- Triathletes wanting to improve riding efficiency in order to save energy for the run leg

What does a Bike Fit assessment involve?

- Whole body performance diagnostic screening to identify any areas of limitation which may be impacting on cycling performance or current aches and strains
- On-bike dynamic riding assessment
- Adjustment of riding position to optimise pedalling power, improve comfort and minimise ongoing injury risk.

What do you need to bring to a Bike Fit assessment?

- Own bike
- Cycling specific shoes (if applicable)
- Cycling specific clothing



More Questions?

Give us a call any time, or email Tim direct at tim@aubingrove.physio

[CLICK TO BOOK YOUR BIKE FIT ONLINE HERE](#)