

Getting the Most Out of Your Bike Fit Appointment

Thank you for choosing CorePhysio for your Bike Fit. We appreciate your business and want to provide you with guidelines on what to expect and how to make this visit work best for you.

What you can expect from your appointment:

- A musculoskeletal analysis of your body which will address limitations relating to riding your bicycle.
- Exercises and stretches to improve these issues.
- Observation and analysis of your riding, followed by adjustments to the fit, taking into account pain and discomfort you are experiencing. We will consider:
 - Saddle height
 - Handlebar height and width
 - Cleat placement
 - Riding style.
- Recommendations for additional or different bike parts to complete the process which would necessitate a second visit.

The body is adaptable and the bike is adjustable. It will take time for results, so be patient and do the homework prescribed for you! It typically takes two weeks for your body to adapt to your new changes. We don't expect you to have increases in pain or discomfort. You may experience some slightly different feelings with the first ride or so, but those should subside. Please communicate with us if you experience any problems or if you have questions.

We recommend that your first ride after the fit should be a flat, easy, low-mileage ride (less than 20 miles or $\frac{1}{4}$ of your longest training ride.)

It is your responsibility to double-check the bolt tension adjustments made to your bicycle. We do this prior to your departure from the clinic, but some bolts can loosen with vibration once a "rust-seal" is broken. Please double-check this. Remember that bodies also change over time due to variations in strength, flexibility and any new or re-aggravated pre-existing injury. Your bike fit may need to be altered accordingly in the future.

We appreciate the opportunity to help you log the miles in comfort—ride safe, and have fun!

I acknowledge that I am responsible for the maintenance of my bicycle and for my safety while riding, and that riding a bike (although fun and fast) is unpredictable and can be dangerous to my physical welfare. To maximize the benefits of my current/new cycling position I must adhere to my home exercise program. It is my responsibility to advise CorePhysio of any new issues, pains, or concerns about my body or bike after the bike fit has been completed. I acknowledge that a Performance Bike Fit neither implies nor constitutes a physical therapy evaluation or course of treatment.

Cyclist Signature

Cyclist Printed Name

Date

Parent/Guardian, if under 18

Date