

## WHAT IS A BIKE FIT?

It's simply the measuring and adjusting process that puts you in the best possible position on your bike. Many of the people we fit have pre-existing injuries that need to be accommodated in their fit.

With careful physiotherapy assessment we can help you:

- Pedal with good foot, knee and hip alignment.
- Ensure the efficiency of the contact points at pedal, saddle and handlebars to prevent excessive pressure and injury.
- Have comfort in your best riding position.



## WHO CAN WE HELP?

A common misconception of bike fit is that it is something only for "serious" riders, or that it is unnecessary for recreational riders. There are three points of contact with the bike the feet, seat and hands - and they'd better get along for any rider who wants efficiency and comfort. Correct fit will ensure power efficiency, comfort and minimize your chances of developing overuse injuries.



## WHAT DOES A BIKE FIT INCLUDE?

- To start, we listen. We want to know what kind of riding you do, we'll ask how far and how hard you go and what your goals are?
- We will take a history of current and previous injuries from both cycling and other sports.
- A physiotherapy exam will reveal any physical problems that might affect your fit (think leg length, limb alignment, general flexibility and overall posture).
- We'll document your current riding position and record any changes we make. If part replacement is needed we'll tell you exactly what you need.
- Based on our examination we'll suggest the specific exercises that will help you attain efficiency and comfort while preventing injury.

## FREQUENTLY ASKED QUESTIONS

### How long will a Bike Fit session take?

- Around 90 to 120 minutes to set a single bike with adjustment where necessary to shoes and cleats.
- Approximately 45 to 60 minutes to do a simple set up of seat and cleats.

### Will this be covered by my insurance?

Most extended health plans will cover your physiotherapy services up to a maximum per service. At West 4th Physio your Bike Fit includes a physiotherapy assessment of alignment, posture and flexibility and the prescription of therapeutic exercise as required. You should consult your plan for specific coverage.

### Who will do my Bike Fit?

Physiotherapists Jennifer MacPherson and Matt Powell are registered Level 1 Bike Fitters. Appointments can be made by phoning the clinic.





## FAQ CONTINUED

### What should I bring to the Bike Fit session?

- Your clean bike, in good working order. Make sure there are no seized parts, especially seatpost, saddle, pedals and stem.
- Your cycling shoes. Make sure cleat screws are cleanly accessible and not seized or damaged.
- Cycling shorts and jersey. A tight T-shirt is suitable but nothing baggy.
- Helmet, especially if you have been having headaches, upper back or neck discomfort.

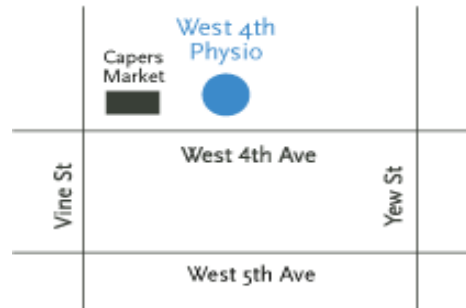


From our home in the heart of Kitsilano at 4th and Vine, we have been serving Kits and the West side of Vancouver with mobility and other rehabilitation services since 1994.

Our dedicated team of professionals will make sure that your experience with us is both pleasant and successful at all stages of your care. Access is easy, with ample free underground parking and convenient elevators to our clinic on the 2nd level. We welcome new patients at any time and look forward to seeing you in the clinic.

### OUR COMMITMENT TO YOU

We will provide you with the best in physiotherapy care by listening carefully, assessing thoroughly and helping you with the physical plan you need for mobility both now and in the future.



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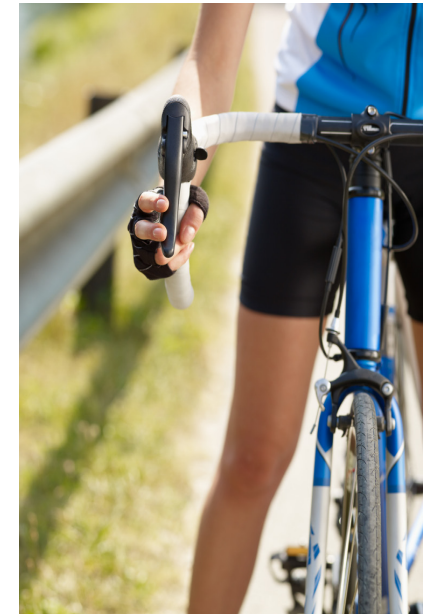
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## Bike Fitting



*Precise, personal and professional*