

Who should have a bike fit?

This service is for anyone looking to optimize power, endurance and efficiency on a bike. Bike fitting is commonly done for people who ride a triathlon bike, time trial bike, road bike or cross country mountain bike. It may also be for someone who currently has an injury or is looking for injury prevention. Bike fitting is appropriate for anyone at any level of cycling not just professionals; this includes amateurs, weekend warriors and anyone who is serious about their riding.

What does a bike fit consist of?

The appointment will take 1.5hrs and will include a full history, objective examination, bike and body measurements to ensure that the rider is in the best possible position for them and their riding style.

What will I get out of it?

At the end of the session you will know how to address any issue you may have with yourself and your equipment.

We will make any necessary changes to the saddle position/height and to the pedals/shoes, plus make a list of recommendations for you as to how to change the set up further for either injury prevention or optimizing performance. This may include changing the saddle, stem or crank.

It may be necessary to work on a home program of stretches and/or strengthening exercises too. The physiotherapist will provide you with an individualized program.

Remember it is essential to fit the person to the bike and riding style and not just the bike or style to the person.



What you will need to bring?

You must bring your bike so that we can set it up on the trainer. You must also bring your cycling shoes and appropriate clothes to ride the bike.

How much will it cost?

The cost of the 1.5hr session is \$130.

Who will perform the assessments?

Dan McDonald, Erin Leahy and Heather Kerr are all physiotherapists specially trained and experienced to conduct a professional bike fit. They have all received post graduate training specifically for bike fitting and themselves are biking enthusiasts.

Appointments can be scheduled Mon to Fri: 7am – 7:30pm or Saturdays: 9am – 2pm. Fernie Physiotherapy is located in the Rocky Mountain Health Centre, 901 5th Ave, Fernie BC, 2nd floor, 1st door on the right. The service will also be offered in Elkford two days a week (Tues & Thurs). Please call: 250-423-3423 if you have any questions regarding a bike fit or to book an appointment.

What are the benefits to having a physiotherapist conduct my bike fit?

Physiotherapists are experts in the assessment, diagnoses and treatment of sports injuries, orthopaedic and spinal conditions. Physiotherapists employ a comprehensive biomechanical approach, looking at the underlying causes of the injury, not just the injured part. A physiotherapist who has taken post graduate training in bike fitting will be able to provide the ideal combination of body movement analysis and understand the forces acting on the musculoskeletal system in combination with the ability to assess your primary cycling requirements and make any appropriate adjustments.