

## Professional Bike Fitting Service

Fernie Physiotherapy is excited to offer a professional bike fitting service to the residents of the Elk Valley. 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 cross country mountain bike, road bike, triathlon bike and time trial bike.

A bike fitting service will also benefit a rider who currently has an injury or is looking for injury prevention advice. The most common injuries associated with riding are back and knee pain. Up to 50% of riders experience some kind of back pain as result of cycling. This can be from a variety of factors, including a poor bicycle fit, damaging riding habits and reduced flexibility. An understanding of the key predisposing factors and knowing how to deal with them can help you prevent back pain and speed up your recovery, getting you back on those trails and roads more quickly and efficiently.



A professional bike fitting appointment 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. At the end of the session, you will know how to address any issues you may have with yourself and your equipment. The bike fitter will make any necessary changes to the saddle position/height and to the pedals/shoes, plus make a list of recommendations for you, on how to change the set up further for both injury prevention and optimizing performance.

It may also be necessary to work on a home program of stretches and/or strengthening exercises too. The physiotherapist will provide you with an individualized program as part of the bike fitting service.

Dan McDonald, Heather Kerr and Erin Leahy are not only keen bike enthusiasts but all are physiotherapists with specialized training and experience to provide you with a professional bike fitting service.

Remember it is essential to fit the person to the bike and riding style and not just the bike or style to the person. For more information on a professional bike fit or to book an appointment, call Fernie Physiotherapy 250-423-3423. Check out our website [www.ferniphysio.com](http://www.ferniphysio.com) where we have further information on bike fitting, biking injuries and prevention. The service will be available at both the Fernie and Elkford clinics.