

PIHC BIKE ERGONOMICS ASSESSMENT

Quote Cyclo Bike Ergo to Book



GETTING THE MOST OUT OF YOUR CYCLING!

Adjusting the bike ergonomics to suit your body and any underlying musculoskeletal conditions.

Email Ian Wee, PIHC Managing Director and Occupational Therapist at ianwee@pihc.com.au for more information or call **9240 5266** to book your assessment. Please visit www.pihc.com.au for more information. Quote: *Cyclo Bike Ergo* when booking.



PIHC BIKE ERGONOMICS PROGRAM – HAS YOUR BIKE BEEN CHECKED OUT?

1. Who conducts Bike Ergonomics @ PIHC?

Bike Ergonomics @ PIHC is conducted by qualified health professionals, in this case Occupational Therapists. The practitioners involved with Bike Ergonomics are also qualified Cycling Coaches and they themselves participate and ride in cycling events and competitions the whole year around.

2. What is the difference between Bike Ergonomics and a Bike Fit?

Bike Fits are conducted by cycling shops by cycling mechanics and technicians who look at the bike set up for the person in accordance with basic principles. Bike Ergonomics @ PIHC focus is on the Biomechanics of the Human Body in relation to the ergonomics of the bicycle including ways in which the person who presents with clinical conditions and limitations and finds out the best way to accommodate their specific body needs to that of riding a bicycle.

3. Is Bike Ergonomics only for people with injuries wishing to cycle?

No, Bike Ergonomics is for everyone – whether you are a novice or recreational rider, a serious recreational rider taking part in cycling events to that of an elite athlete who wishes to enhance their performance. It is about fitting the person to the bike and NOT the bike to the person. Bike ergonomics @ PIHC is NOT about purchasing of new parts and equipment. PIHC does not provide any retail support for bike equipment and instead would refer to its excellent cohort of Bike Fitters that are in alliance partnership with PIHC Cycling Program.

4. How much is it for a Bike Ergonomics assessment?

PIHC charges an Extended Consultation under Occupational Therapy services for this assessment which amounts to \$100.00. This does not include treatment from the practitioner.

5. What do I need to do to prepare for the Bike Ergonomics assessment?

The assessment is done with a Bike Trainer and set up requires those with quick release mechanisms on the rear wheels to enable the attachment onto the bike trainer. Those wearing cycling cleats should ensure that they come with those for the bike ergonomics and whatever comfortable clothing that they wear for their rides. Bring along your helmet just in case there is need to conduct part of the analysis outside of the consultation room. As bicycles are very personal items, the practitioners will not be directly responsible for the attachment of your own bicycle to the bike trainer and you are expected to do this. Those with no experience will be assisted but without any liability on the part of the practitioner with respect to your bicycle.

Further information: PIHC Cycling Coordinator: ianwee@pihc.com.au / www.pihc.com.au/cycling

Unit 12, 8 Booth Place
Balcatta (via Erindale Road)
Tel: 9240 5266 Fax: 9240 1522

Melville Aquatic Fitness Centre
Marmion St, Booragoon
Tel: 9364 8626 Fax: 9316 3904

Email: appointments@pihc.com.au
Mailing Address: P.O Box 1574, Applecross, 6953
ABN: 73 069 383 900
ACN: 069 383 900