



PIHC BIKE ERGONOMICS PROGRAM

Bike Ergonomics. The term conjures up immediately to the reader that this is a Bike Fit out that you get from a bicycle shop. This is nothing further from the truth. After all one does not go to a car dealership for a Vehicle Ergonomic assessment nor does not go to a furniture shop to get an Office Ergonomics session.

Bike Ergonomics like the other branch of ergonomic assessments remains in the domain of qualified health professionals, especially those with a qualified track record in the treatment of cycling as well as specific direct knowledge about cycling themselves. Here at PIHC we have all those qualifications and more since our practitioners involved with Bike Ergonomics are also accredited cycling coaches.

Read on to learn more about how the set up of the person's biomechanical requirements on the humble bicycle can make a whole difference to your health and well being and how this time tested machine can be such a beneficial tool for rehabilitation, fitness and wellness.

Commonly Expected Questions about PIHC Bike Ergonomics Program

1. Who conducts Bike Ergonomics @ PIHC?

Bike Ergonomics @ PIHC is conducted by qualified health professionals, in this case Occupational Therapists whose specialisation include Office, Workplace and Vehicle Ergonomics. Bike Ergonomics is an extension of this specialisation. 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 are conducted by qualified health professionals whose focus is on the Biomechanics of the Human Body in relation to the ergonomics of the bicycle. In Bike Ergonomics, the practitioner looks at 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.

To book a Bike Ergonomic Assessment please call 9364 8626 (South of the River) or 9240 5266 (North of the River).



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