

PIHC is unique in that not only are we treating practitioners for recreational and elite cyclists, both in our clinic and on-site at cycling events, but we are also cyclists ourselves, heralding the PIHC Cycling Team.



PIHC's overarching objective is to help promote the message of health, wellness, posture and biomechanical stability within the cycling community.

### **PIHC Northern Districts**

Unit 12, 8 Booth Place, Balcatta

(off Erindale Road)

Phone: 9240 5266

### **PIHC Performance Enhancement Clinic**

Melville Aquatic Fitness Centre

Marmion Street, Booragoon

Phone: 9364 8626

### **PIHC Cycling Website**

[www.pihc.com.au/cycling](http://www.pihc.com.au/cycling)

**Perth  
Integrated  
Health Clinic**

For further clinical and PIHC Cycling Team

information contact **Ian Wee:**

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**[www.pihc.com.au/cycling](http://www.pihc.com.au/cycling)**

**Perth  
Integrated  
Health Clinic**

## *Cycling*

**Practitioners for Novice,  
Recreational &  
Elite Cyclists**

**Cycle Course—Accredited  
Cycling Australia Coaches**



# Perth Integrated Health Clinic—Cycling

## PIHC Cycling Course

Perth Integrated Health Clinic's Cycling Course is an **INNOVATIVE** and **UNIQUE** way of participating in health and fitness whilst gaining skill in cycling.



A 10 week programme, you participate in **cycling sessions**, conducted by accredited cycling coaches, which covers basic cycling skills such as helmet and bike fit, base training, seated climbing, hill repeats, interval training, jumps, sprint training, group skills, cornering, surges, heart rate training, drafting, spinning and recovery riding.

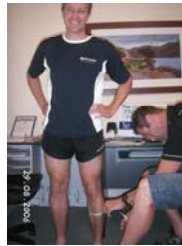


You also participate in sessions on:

- **nutrition** for cycling performance
- **neuro-muscular care and biomechanics** for cycling by an Occupational Therapist
- **foot care** and cycling by a Podiatrist
- **performance enhancement**, featuring state of the



Prior to the commencement of the Course, all participants will undergo a health assessment, including blood pressure, resting pulse, girth measurements, BMI, WHR, height, weight and basic spirometer lung test. This assessment is also conducted at the conclusion of the Team to monitor participant's progress.



A neuromuscular and postural check will also be undertaken to ensure biomechanical stability.



## Treatment for Cyclists

Perth Integrated Health Clinic provides neuro-muscular care that enhances muscle, joint and postural alignment and biomechanics. Hands-on **NEURO-MUSCULAR** therapy is used to target specific muscles, tendons and ligaments, from the neck and shoulders, through to the low back, hips, knees and feet.



## Performance Enhancement

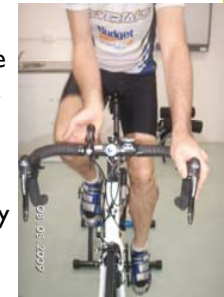
PIHC uses state-of-the-art rehabilitative technology to enhance cycling performance:



**HUBER** promotes core stability strengthening, joint mobility, flexibility, balance and coordination. It dynamically adjusts the spine and muscles, as well as strengthening the anterior and posterior muscle chains.

## BIKE ERGONOMICS

Positioning a cyclist to be comfortable and efficient on the bicycle by taking into account underlying clinical conditions and limitations. Conducted by qualified health professionals.



**SCODY** manufacture quality, custom made cycling apparel right here in Australia! Proud supporter and sponsor of the PIHC cycling club and events.



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[www.coolclearwater.com.au](http://www.coolclearwater.com.au)