

PIH 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 PIH Cycling Group which while not a club runs events, workshops, rides & programs.



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

PIH Northern Districts

Unit 12, 8 Booth Place, Balcatta

(off Erindale Road)

Phone: 9240 5266

PIH Performance Enhancement Clinic

Melville Aquatic Fitness Centre

Marmion Street, Booragoon

Phone: 9364 8626

PIH Cycling Website

www.pihc.com.au/cycling

**Perth
Integrated
Health Clinic**

For further clinical and PIH Cycling Team

information contact **Ian Wee:**

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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 —Cycling

PIH Cycling Course

Perth Integrated Health's (PIH) 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 & biomechanics** for cycling by an Occupational Therapist
- feet care** and cycling by a Podiatrist
- performance enhancement** by an Exercise Physiologist



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 provides neuro-muscular care that enhances muscle, joint and postural alignment and biomechanics. Hands-on **NEUROMUSCULAR** 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

PIH 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 PIH cycling club and events.



We are privileged to be sponsored by one of the largest companies in the world and share their vision of community support.