

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

**Perth
Integrated
Health Clinic**

For further clinical and PIHC Cycling Team
information either contact Ian Wee:

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**Perth
Integrated
Health Clinic**

Cycling

**PIHC—the official health
practitioners for Cycling WA
state teams**

**Cycle Course—Cycling WA
Cycle Skills endorsed**



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.

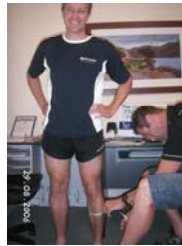


You also participate in sessions on:

- **nutrition** for cycling performance
- **neuro-muscular care and biomechanics** for cycling by an Occupational Therapist
- **feet care** and cycling by a Podiatrist
- **performance enhancement**, featuring state of the art rehabilitation systems the **Huber**



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 neuro-muscular 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 soft tissue 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.

KEY MODULE stimulates the muscles pre-exercise, or enhances recovery post-exercise by mobilising and stretching the muscle, as well as enhancing blood flow to increase nutrient delivery and remove lactic acid and oedema.



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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