

MEDICLINIC *perform*

BIKE FIT SERVICE

- Having a specially trained and qualified physiotherapist perform your bike fit gives you a distinct advantage
- Physiotherapists are experts in human anatomy, physiology, biomechanics and exercise
- So not only will you benefit from the most up-to-date bike-specific research regarding aerodynamics, how to maximise power output and optimum joint angles; but also the blending of this knowledge with the experience and care of a musculoskeletal physiotherapist
- If you get sore after a long day in the saddle, many of the issues you may experience whilst riding are areas that we help people with on a daily basis
- Our physio can help you with everything from bike fit adjustments to exercise programme prescription, manual therapy treatment and more
- Our bike fit physiotherapist goes above and beyond the standard measurements and data points (which are still useful markers) to provide a truly comprehensive physio assessment

