

## Bike-Fit & Pedaling Analysis

Optimize your ride with our comprehensive bike-fit and pedaling analysis, led by a licensed physical therapist and Category 1 road cyclist. Using the same principles as a running form assessment, we evaluate your on-the-bike biomechanics, pedal stroke, and movement patterns to identify inefficiencies that may be causing pain or limiting performance. Combined with an off-the-bike functional assessment, we provide individualized recommendations to improve power, reduce injury risk, and enhance comfort—whether you're a recreational cyclist or competitive racer. With over four years of coaching cyclists in strength training and on-the-bike performance, we help you ride stronger, ride smarter, and move better on every mile.

### Deliverables:

- Identification of your individual functional limiting factors that may be holding you back from a better riding experience.
- Guidance on addressing limiting factors through stability, endurance, and mind-muscle connection training.
- Detailed feedback on your pedaling technique with actionable tips to immediately improve your pedal stroke.
- Recommendations for quick and easy bike-fit adjustments to optimize performance with your current equipment. *Please note: we do not keep extra stems, saddles, or other components on-site, but if specific equipment modifications are necessary, we'll provide clear guidance on what changes would be most beneficial.*

## What to Bring to Your PT Bike Fit

To help us accurately assess your riding mechanics and bike setup, please come prepared with the following:

- **Your bike**  
Bring the bike you ride most often (road, gravel, tri, etc.). This allows us to evaluate your real-world setup rather than an idealized position.
- **Cycling shoes**  
Bring the shoes you normally ride in, along with your installed cleats or any insoles you use.
- **Bike ready to ride**  
Please arrive with your **rear tire properly inflated** and the bike in safe working condition.

- **Cycling kit**

Wear your usual cycling bibs/shorts and a fitted jersey or top so we can clearly assess joint alignment, posture, and movement patterns.

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## **Trainer Setup**

All bike fit sessions are performed using the **Feedback Sports Omnium Over-Drive Portable Trainer**. This trainer allows us to analyze your position and pedaling mechanics in a stable, controlled environment while keeping your bike in its natural geometry. The setup closely replicates real-world riding conditions without the need for a fixed indoor trainer.

## **Bike Fit & Pedaling Analysis – FAQ**

### **What is a Bike Fit & Pedaling Analysis?**

Our bike fit and pedaling analysis is a comprehensive evaluation of how your body interacts with your bike. Led by a licensed physical therapist and Category 1 road cyclist, this session assesses on-bike biomechanics, pedal stroke mechanics, and movement patterns that may be contributing to pain, inefficiency, or performance limitations.

Similar to a running form assessment, this service focuses on *how* you move rather than just bike measurements.

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### **Who is this for?**

This service is appropriate for:

- Recreational cyclists experiencing discomfort or inefficiency
  - Competitive cyclists looking to improve power output and durability
  - Athletes returning from injury
  - Riders who feel “fit doesn’t feel right” despite proper equipment
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## What does the assessment include?

The session combines:

- **On-bike analysis** of pedaling mechanics, joint motion, and posture
- **Off-bike functional assessment** to identify mobility, stability, and strength limitations affecting your ride
- Integration of clinical biomechanics with real-world cycling demands

This dual approach allows us to identify not just *what* looks off, but *why* it's happening.

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## What will I get out of it?

You'll leave with clear, individualized feedback and next steps, including:

- Identification of **functional limiting factors** affecting comfort, power, or efficiency
  - Guidance on addressing those limitations through targeted **stability, endurance, and mind-muscle connection training**
  - Detailed, actionable feedback on your **pedaling technique**, with cues you can apply immediately
  - **Bike fit adjustment recommendations** to optimize your current setup
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## Do you make equipment changes on site?

We do **not** stock or install bike components such as stems, saddles, or crank arms.

If equipment changes are recommended, you'll receive:

- Clear, specific guidance on what changes would be most beneficial
- Rationale for *why* those changes matter for your body and riding goals

This allows you to make informed decisions with your local shop or fitter.

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## **How is this different from a traditional bike fit?**

Traditional fits often focus primarily on bike measurements and static positioning. Our approach emphasizes:

- Movement quality
- Load distribution
- Neuromuscular control
- Injury risk reduction

Because the assessment is performed by a physical therapist with extensive cycling experience, recommendations are grounded in both biomechanics and clinical reasoning.

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## **What's the goal?**

To help you:

- Ride more comfortably
- Produce power more efficiently
- Reduce injury risk
- Move better on and off the bike