



Physical Therapy for Optimum Performance™

GETTING THE MOST OUT OF YOUR BIKE FIT APPOINTMENT

Thank you for choosing Corpore Sano for your bike fit. We appreciate your business and want to provide you with guidelines on what to expect and how to make this visit work best for you.

Here are our expectations for today:

- We will do a musculoskeletal analysis of your body, which will address limitations relating to riding your bicycle.
- We will provide exercises and stretches to improve these issues.
- We will watch you ride your bike and make adjustments to the fit, taking into account pain and discomfort you are experiencing. We will look at the following:
 - Saddle height
 - Handlebar height and width
 - Cleat placement
 - Riding style
- It may be recommended that you purchase new parts to complete the process. This would necessitate a second visit.

Please understand that the body is adaptable and the bike is adjustable. It will take time for results, so be patient and do the homework prescribed for you! It typically takes two weeks for your body to adapt to your new changes. We don't expect you to have increases in pain or discomfort. You may experience some slightly different feelings with first ride or so, but those should subside. Please communicate with us if you experience any problems or if you have questions.

It is your responsibility to double-check the bolt tension adjustments made to your bicycle. We do this prior to your departure from the clinic, but some bolts can loosen with vibration once a "rust-seal" is broken. Please double-check this.

Please call or e-mail if you have any questions!

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