

Manual Therapy International Clinical Sites:

[Bellevue]

1560 140th Avenue N.E. • Ste 100
Bellevue, WA 98005
p 425.746.2475

[Seattle - Fremont]

435 North 34th Street
Seattle, WA 98103
p 206.548.1522

[Seattle - Washington Athletic Club]

1325 Sixth Avenue
Seattle, WA 98111
p 206.839.4780

[Seattle - Magnolia]

3200 W. McGraw St.
Seattle, WA 98199
p 206.281.7970

[Tacoma]

7800 Pacific Avenue • Ste 8
Tacoma, WA 98408
p 253.471.7200

[Kirkland]

11800 NE 128th Street • Ste. 510
Kirkland, WA 98034
p 425.820.2590

www.mtipt.com

mti physical therapy

PROVIDING ONE-TO-ONE CARE

Sports Therapy • Manual Therapy • Orthopaedics • Spine



Understanding Biomechanical Bike Fit

Buying a bike that fits you “off the shelf” will get you close to the correct size and measurements. Depending on your riding habits or purpose for riding, you may need to have the bicycle fine tuned to more specifically fit you.



mti physical therapy

PROVIDING ONE-TO-ONE CARE

www.mtipt.com

Sports Therapy • Manual Therapy • Orthopaedics • Spine

What is a biomechanical bike fit?

A biomechanical bike fit is performed by a specialist trained in biomechanics, anatomy, cycling specific performance, and positioning. Utilizing tools, having a detailed history, and accurately adjusting bicycle points of contact (shoe/pedal interface, seat, and handle bars) will enhance the cycling experience for safe and fun achievement of ones cycling goals.

Improper fit on the bike leads to overuse injury, inefficiency of power, pain and discomfort. Detailed evaluation and treatment will identify your needs in order to achieve the most of your performance and endurance to ride no matter your goals.

You can expect your bike fit session to take approximately 1 hour and you will need to bring your bike, shoes, and bike shorts. The bike fitting can be performed on any kind of bike: road, mountain, or hybrid.

Benefits of a properly fit bike

- Position should be comfortable for short and long rides
- Position should consider riding goals in conjunction with orthopedic and/or musculoskeletal limitations, tolerances, and load efficiency
- Injury prevention and performance enhancement
- Improve power output
- Increase overall cycling enjoyment

Benefits of Cycling

- Health and fitness
- Improve balance
- Comraderie and social
- Relaxation
- Time outdoors

Understanding Training Principles

- Goal based progression
- Prevent overtraining
- Performance testing & assessment
- Nutrition & hydration
- Measurement tools:
 - heart rate
 - power meter
 - cadence

Biomechanical bike fits are available at our locations in:

- Fremont
- Kirkland

Please call to schedule an appointment.