



Wollongong Performance Centre

278 Keira Street | 02 4295 0707

Wollongong

65 Auburn Street | 02 4227 1990

Woonona

44 Hopetoun Street | 4285 8532

Kiama

15/3 Brown Street | 02 4233 1851

Shoalhaven

78 Bridge Road | 02 4422 7715

[www.baimedphysio.com.au](http://www.baimedphysio.com.au)



## Take your cycling to the next level

*Did you know?*

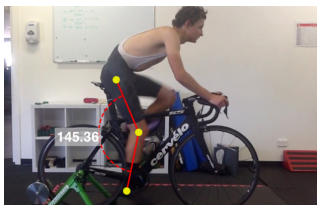
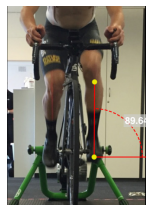
### A BaiMed Bike Fit is the key to better performance.

Riders often compromise their position on the bike to reduce risk of injury and improve comfort. This can affect both power production and aerodynamics. If you want to be comfortable, injury free, and as fast as possible, a BaiMed custom Bike Fit can help you take your cycling to the next level.

Our physiotherapists combine a detailed understanding of cycling biomechanics and human physiology with a passion for the sport, and take the time to identify any areas that may be limiting your performance. Then make the right modifications to you, the bike (or a combination of both) to ensure you achieve your performance goals.

### What A Bike Fit involves

- History taking – including riding experience, injuries/areas of discomfort, racing/training goals.
- Specialised Cycling Specific Screening – identifying injury risk factors and examining functional strength and range of motion.
- Dynamic riding assessment with multi-view video analysis.
- Changes to bike set up, hands on physiotherapy and exercise prescription where required.



By the end of the appointment, we'll come up with a position that gives you a combination of reduced injury risk, maximum power output, and aerodynamics.

Book your Performance Bike Fit at BaiMed today  
P. 4295 0707 | Email. [paul@baimedphysio.com.au](mailto:paul@baimedphysio.com.au)

