

Bike Fitting

The benefits of a good bike fit include the following:

- **Improved efficiency**
- **Less discomfort while riding**
- **Decreased incidence of over-use injuries**
- **Decrease potential for knee and ankle injuries**
- **More Fun!**

What to Bring:

- Your bike (one at a time)
- Biking shoes and shorts
- The riding style for which you desire to be fitted
- Questions & Suggestions

I can fit your bike in relation to a bothersome injury or over-use problem in conjunction with your physical therapy, or separate from injury on a cash basis

Interested?

For injury related bike fitting and exercise prescription:

Call (425) 396-7778
to schedule an appointment

For cash payments, make checks payable to:

Peak Sports & Spine P.T.

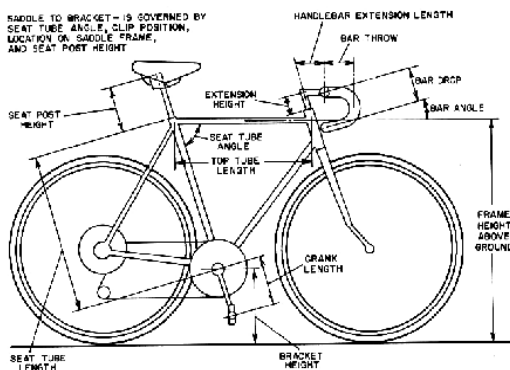
7726 Center Blvd SE, Suite 220

Snoqualmie, WA 98065

Questions?

**Call Chris Stott PT, OCS
(425)396-7778**

Road or mountain bikes: \$60.00



Get Your Bike Fit at:

Ask yourself, "What do I want to do with my bike?", "Why am I riding?"

A track sprinter is not concerned with how comfortable he is sitting on the bike. During a race he may only be seated for 5 or 10 seconds. A long distance rider might spend 5 to 10 hours a day on his/her bike, day after day, and probably much more concerned with being comfortable than with pure speed.

Your body's position on the bike affects how you ride. It affects how much power you can efficiently deliver to the pedals. It affects how comfortable you are on the bike. A position that is more comfortable may not allow you to put as much energy into moving the bike forward as a less comfortable position might.

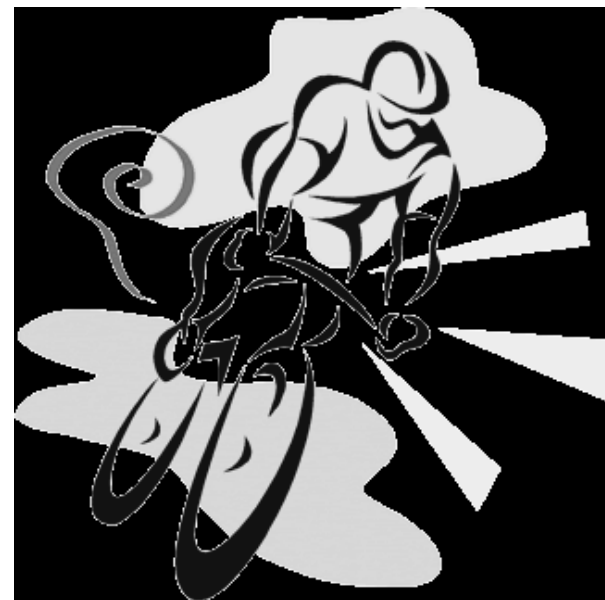


Chris Stott, PT, OCS

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BICYCLE FITTING

By Chris Stott



Bicycle fitting is a subject most people find quite mysterious. Fitting systems with charts and graphs, computer software, measuring devices and "rules of thumb" make for a lot of confusion. But I believe it's really quite simple.

Bicycle fit involves many compromises; these include compromises between comfort and performance, quick acceleration and handling stability, top speed and just enjoying the view