UVMC Center for Sports Medicine
Bike Fit and Performance Program

Are you a competitive or recreational cyclist who would like an optimal bike fit to improve comfort and performance, reduce risk of injury or alleviate aches and pains experienced with riding?

If so, the Bike Fit and Performance Program through the UVMC Center for Sports Medicine is for you.

UVMC's new Bike Fit and Performance Program is the only program in the Dayton area to offer bike fitting, using a dynamic video analysis system, by a physical therapist who is a Serotta International Cycling Institute certified fitter. The Sports Motion Pro-Trainer Video System analyzes cyclists while they are actually pedaling their bikes for the most precise and accurate bicycle adjustments. A CompuTrainer with SpinScan Pedal Stroke Analyzer is used to reveal potential inefficiencies in pedal stroke which when corrected, can enable increased power and efficiency. **This advanced system is the same as that used by the USA Triathlon and the Canadian Cycling Association to test and train national team athletes.**

The following Bike Fit and Performance options are offered to meet individual needs:

Physical Therapy Fit -$250

For cyclists who want a bike fit to alleviate aches and pains experienced with riding

- 2-hour session
- Dynamic bike fitting aimed at optimal positioning for pain reduction and healing
- Exercises to improve comfort and speed healing

Performance Fit - $250

For competitive cyclists who want a bike fit and CompuTrainer testing to improve performance

- 2-hour session
- Dynamic bike fitting aimed at optimal positioning for improved power and efficiency
- CompuTrainer analysis to improve power and pedal stroke efficiency

Basic Fit - $200

For healthy cyclists who want a bike fit to balance comfort, performance, and reduce injuries

- 90-minute session
- Dynamic bike fitting aimed at optimal positioning for comfort, performance, and injury reduction

Performance Assessment - $50

For cyclists who have had a proper bike fit and want CompuTrainer testing to improve performance

- 30-minute session
- CompuTrainer analysis and exercise drills to improve power and pedal stroke efficiency.

(Please bring your bike shorts, bike shoes and bike to the session.)

For further information or to schedule a Bike Fit and Performance appointment, please call the UVMC Center for Sports Medicine at (937) 667-2614.

Upper Valley Medical Center
Premier Health Partners

Center for Sports Medicine

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