

Bicycle Fit Intake Form

Thank you for choosing Stride Physio for your cycling needs. Bike fitting is a unique process with a physical therapist and may require multiple visits to achieve your desired cycling goals. With appropriate exercise prescription and movement pattern retraining the human body is quite adaptable and with the proper tools, bicycles are highly adjustable to suit your body.

Please list the primary goal for your bike fit: _____

Do you have a specific race or event you are training for? _____

Have you had a bike fit on this bike in the past? _____

Average mileage or time spent per week cycling: _____

Please check the following boxes if you are experiencing the following symptoms associated with cycling?

- Hip pain
- Knee pain
- Ankle pain
- Foot pain/ numbness
- Numbness or pain in the saddle region
- Difficulty with urination holding or voiding
- Sexual dysfunction
- Low back pain
- Radiating symptoms into legs or arms
- Mid back pain
- Shoulder pain
- Elbow pain
- Hand/wrist pain
- Numbness in arms or fingers
- Other: _____

How long do these symptoms persist after a ride?
< 3 hrs, 1 day or more, more than 3 days

If your symptoms persist for more than 3 days what types of daily activities are affected?

List any recent part or equipment changes i.e. new shoes, new saddle, changes in handlebar height etc. _____

Client Checklist

- A clean bicycle in good working order. Please wash mud off frame and tires.
- Proper air pressure in tires
- Cycling shorts
- Cycling shoes. Please clean debris out of cleats and screw head.
- Cycling gloves you wear while riding
- If you cycle commute with a backpack, please bring it with you
- Any additional saddles or stems you may own that you may wish to have installed

Typical objectives during your bike fit at Stride Physio will include:

- A discussion of the clients' goals and what they hope to achieve in today's session
- Musculoskeletal evaluation as it pertains to cycling to help identify impairments that may be limiting your cycling ability
- On bike movement evaluation, we will assess the following:
 - Current ergonomics of your fit and how it relates to your body and pain that you may be experiencing associated with cycling.
 - Your postural and pedaling techniques in the sagittal, frontal and transverse planes of movement.
- Adjustments will likely be made to your: cleats, saddle, handlebars, stem, and possibly suspension (mountain bike only) to ensure that you are optimally positioned to meet your goals, reduce discomfort, and reduce the risk of an overuse injury.
 - Note that often time small adjustments with keen attention to detail can make all the difference, often times we are in the millimeter business.
- While we do not sell bike parts we may recommend the purchase of components (saddles, handlebars, stems, etc) to be installed and appropriately adjusted at a follow-up visit.
- Likely prescription of exercises and stretches to be performed off the bike.

Note: Due to the complexity of Aero and Tri specific bikes, you should expect having at least one additional follow-up visit and may want to consider booking a 2 hour initial time slot if you are a cash pay client.

If you have any additional questions prior to your appointment, please feel free to contact us at 206 547 7445. We are looking forward to meeting you and helping you get the most out of your cycling experience.

Client Signature

Date