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STATIONARY BIKE FIT INTAKE FORM

Name:

Date:____

Thank you for choosing Stride Physio for your spin bike fitting needs. A spin bike fit will help you achieve your optimal position on the bike while reducing inefficiency stresses and strains on your body. 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, we can retrain your body and, using the right tools, adjust your bike to meet your body's adaptations.

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- You can choose to meet your physical therapist online or in person.
 - The therapist can meet you inside or outside your own home, taking care to observe all COVID-19 precautions: face masks, sanitizing surfaces/equipment, and hand-washing.
 - Virtual appointments will occur over the Zoom platform.
- Unless deemed medically necessary by one of our therapists or another medical professional, bike fits are the financial responsibility of the client, and payment is due at time of service. Sessions are billed at the following rates:
 - Initial session (1 hr): \$200.00
 - Follow-up (1 hr): \$160.00

We charge an additional \$50 for all in-person appointments to accommodate therapist travel.

WHAT TO EXPECT FOR YOUR FIT

Your therapist will:

- Perform a brief musculoskeletal exam targeting trouble regions with cycling.
- Assess your existing on-bike ergonomics to identify pain sources
- Observe your postural and pedaling techniques from front, back and sides

And implement any of the following as needed:

- Adjustments to cleats, saddle, handlebars, stem for optimal positioning.
- Prescription of exercises and stretches to perform off the bike.
- Discuss scheduling a shorter follow-up visit to make minor adjustments and advance your technique.

Whatever it takes to meet your goals, improve comfort, and reduce risk of overuse injuries!

CLIENT CHECKLIST:

- □ Fill out the questionnaire on the next page.
- Make sure your bike is in good working order and positioned in the room you prefer to cycle in, if possible.
- □ Wear the clothing and shoes you usually cycle in.
- □ Have ready any additional saddles or stems ready that you wish to have installed.
- □ Have any tools on hand that you would use to make adjustments, if needed.



BIKE FIT QUESTIONNAIRE:

1.	Please list the primary goal(s) for your bike fit:			
2.	What brand of spin bike do you have?			
3.	Preferred appointment type: 🗆 In-person 🗆 TeleHealth			
4.	Have you had a fit on this bike in the past? \Box Yes \Box No			
	If yes, briefly describe:			
5.	Average mileage or time spent per week cycling:			
6.	Please check any of the symptoms you are experiencing associated with cycling:			
		Hip pain		Lower back pain
		Knee pain		Mid-back pain
		Ankle pain		Shoulder pain
		Foot pain/ numbness		Elbow pain
		Numbness or pain in saddle		Hand/wrist pain
		region		Symptoms radiating into legs or arms
		Difficulty with urination holding		Numbness in arms or fingers
		or voiding		Other:
		Sexual dysfunction		
7.	When did these symptoms start?			
8.	How long do these symptoms persist after a ride? $\Box < 3$ hrs \Box 1 or more days \Box more than 3 days.			
	If more than 3 days, list what daily activities are affected			
9.	List any recent part or equipment changes, e.g. new shoes, saddle, changes in handlebar height:			
10.	10. Additional questions/comments:			

Payments can be made online at **pay.instamed.com/strideseattle** or on the phone at (206) 547-7445. *By signing this form you are agreeing to pay the balance in full.*

_____Client Signature