

# DON'T JUST GET A BIKE FIT... GET A 'TOPBIKE FIT'

*The bike fitting service for cyclists with overuse injuries*

## TOPBIKE FIT, WHAT IS IT?

Topbike Fit is the physical and biomechanical assessment of cyclists and their bicycle, the integration of 'man and machine'.

## WHAT IS INVOLVED IN A TOPBIKE FIT?

Firstly, the cyclist is physically examined with respect to flexibility, core strength and physical composition. Particular attention is given to current or past injuries/physical limitations. Following this, the cyclist and bicycle are measured for 'fit' and then a video assessment is done using the latest motion analysis software. The video is then reviewed (slow motion/freeze frame etc) by the physio and client. The combination of findings from the video and physical assessment then precipitate changes to bicycle set-up and also further suggestions for exercise prescription/rehabilitation to address any physical deficiencies.

## WHAT DO I GET TO TAKE HOME FOLLOWING ASSESSMENT?

All clients get a take home DVD following their video analysis. A word document with findings from physical assessment, current bike measurements and changes made are emailed to the client following the appointment.

Still photos illustrating the major findings are included on the DVD for easy reference later (for self, coaches and other treating practitioners)

## DOES THIS REPLACE MY EXISTING PHYSIO/CHIRO/MASSEUR?

No. Topbike Fit clients are usually a one off assessment. 90% of our clients already have another main treating practitioner who they see on a regular basis. Liaison with existing practitioners re assessment findings will help your existing practitioner direct their current treatment specifically to your main problem issues. Following assessment a letter/phone call or email to your existing practitioner can be made so that they know what the findings of the video assessment were.

## WHO DOES TOPBIKE FIT?

### **Emma Colson (APA Sports and Musculoskeletal Physiotherapist)**

Emma is a physiotherapist of over 20 years experience including working with the Australian National Road Cycling teams at World Championships and Olympic Games. Emma herself previously competed at road and mountain bike events and has represented Australia in Mountain Bike at Commonwealth Games.

### **Rosie Mc Caughey (APA Physiotherapist)**

Rosie has over 6 years private/sports practice experience and is a member of Sports Physiotherapy Australia. Rosie is involved in the organisation of professional development for physiotherapists in Victoria. Rosie is also an amateur triathlete, having competed at local, national and international level. She is passionate about cycling and running, and lower limb biomechanics relating to those activities. Rosie has prior bike fit experience with the Melbourne Tri Club and Tri Alliance as well as bike-fitting recreational and semi-professional cyclists.

## HOW LONG DOES IT TAKE?

The 'TOPBIKE FIT' service will take about around 2.5 - 3 hours

## WHAT DOES IT COST?

(As at August 2016)

**\$445 (extra bikes @ additional \$90\*).**

\*if done during the same appointment. The 'extra bike' fitting will be a fairly straight forward adaptation of the first bike. Should you wish for a very detailed assessment (for example a TT bike), it may need to be done as another appointment and so will attract a higher charge than the 'extra bike' charge.

**Review/follow up assessments \$165 per hour.**

## CAN I CLAIM ON MY PRIVATE HEALTH EXTRAS INSURANCE?

Yes, providing the bike assessment is part of injury management.

## HOW DO I MAKE AN APPOINTMENT?

CONTACT: Rosie Mc Caughey ([rosie@riseyoga.com.au](mailto:rosie@riseyoga.com.au))  
Emma Colson ([physio@topbike.com.au](mailto:physio@topbike.com.au))

AS THIS CONSULTATION REQUIRES THE PHYSIO TO BLOCK 3 HOURS OF THEIR TIME, WE ASK THAT YOU RESPECT THIS AND DO NOT CANCEL OR CHANGE YOUR APPOINTMENT ONCE MADE



VISIT: [www.topbike.com.au/topbike-physio/topbike-fit.html](http://www.topbike.com.au/topbike-physio/topbike-fit.html)