

TOPBIKE FIT - LOCATION & GENERAL INFO

**LOCATION: 67 Little George Street
FITZROY VIC 3066**



VISIT: www.topbike.com.au/topbike-physio/topbike-fit.html

Little George street runs OFF Gertrude. We are on the NORTH side of Gertrude. It is a narrow street, our place is the first saw tooth warehouse half way down on the left side.

Park hard up on the curb in-front of the 1st garage door and pull your mirror in.

*Please note we have never had any cars hit here (and park here often) but other cars in the street have been damaged by passing traffic. We accept no responsibility for any damage so its your choice but if you do park here, just park in tight.

Press the top buzzer 'Colson, Olle, Topbike'

COST and TIME

The consult takes 2.5 - 3 hours and costs \$445.

The consult is claimable under extras providing the consultation is for injury management. Extra bikes (fitted on the same day) will be charged at \$90 each, please let us know if you are doing more than 1 bike.

* NB 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.

Follow up appointments are charged at \$165 per hour

WHAT TO BRING

Bike, shoes, nicks and any info from your Physio/doc/treating practitioner.

WHAT TO WEAR

Bike nicks (above knee) and if possible waist nicks. For women a crop top and hair tied back is better.

WHAT TO DO TO THE BIKE PRIOR TO THE APPOINTMENT

- Remove all extra objects from behind the seat post, ie saddle bags, lights, brackets etc, as this can obscure the view at the rear and also interfere with access to saddle bolts.
- Clean the bike, esp nuts, bolts and cleats, for faster adjustment.
- Replace worn out cleats.
- If you are running a flexible MTB shoe it might be best to change shoe type also (speak to your Physio first)

ALSO...

We do not have a windtrainer for some fixies/track bikes as they are narrower in the rear hub. MTB 29ers with nobbies tyres also will not fit on the trainer. So speak to your physio first if this affects you.

WHAT TO DO AT THE TIME OF BOOKING

Email your physio the following:

- Address
- DOB
- Contact phone number

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.

FURTHER QUERIES CONTACT:

Rosie McCaughey (rosie@riseyoga.com.au)

Emma Colson (physio@topbike.com.au)