
PIHCG BIKE ERGONOMICS ASSESSMENT – YEAR 2013

1. Who conducts Bike Ergonomics @ PIHC?

Bike Ergonomics @ PIHC is conducted by qualified health professionals, in this case Occupational Therapists. The practitioners involved with Bike Ergonomics are also qualified Cycling Coaches / Aust Cycle teacher, Medical Classifier for Cycling Australia / Australian Paralympics Committee as well as specialising in Biomechanics, Neuromuscular systems and Performance Enhancement. They themselves participate and ride in cycling events and competitions the whole year around.

2. What is the difference between Bike Ergonomics and a Bike Fit?

Bike Fits are conducted by cycling shops by cycling mechanics and technicians who look at the bike set up for the person in accordance with basic principles. Bike Ergonomics @ Perth Integrated Health (PIH) focuses on the Biomechanics of the Human Body in relation to the ergonomics of the bicycle including ways in which the person who presents with clinical conditions and limitations and finds out the best way to accommodate their specific body needs to that of riding a bicycle whether it is at the novice, recreational, racing or elite level.

3. Is Bike Ergonomics only for people with injuries wishing to cycle?

No, Bike Ergonomics is for everyone – whether you are a novice or recreational rider, a serious recreational rider taking part in cycling events to that of an elite athlete who wishes to enhance their performance. It is about fitting the person to the bike and NOT the bike to the person. Bike ergonomics @ PIH is NOT about purchasing of new parts and equipment. PIH does not provide any retail support for bike equipment and instead would refer to its excellent cohort of Bike Shops that are in alliance partnership with the Perth Integrated Health Cycling Group.

In general we will take on clinical cases where there is discomfort and pain when riding the bike or for people with existing or known injuries who need the proper clinical guidance and assistance which bike shops are not qualified to provide.

We however refuse to take in cyclists who want to do it merely for the sake of a normal bike fit as this is the domain of the good bike shops as per #2.

4. How much is it for a Bike Ergonomics assessment?

PIHC charges an Extended Consultation under Occupational Therapy services for this assessment which amounts to **\$190.00**. This does not include treatment from the practitioner. This fee is subject to change without notice so you need to enquire at the time of your booking. Follow up sessions also attract a clinical fee, normally that of a standard consultation.

5. What do I need to do to prepare for the Bike Ergonomics assessment?

The assessment is done with a Bike Trainer and set up requires those with quick release mechanisms on the rear wheels to enable the attachment onto the bike trainer.

We will not conduct assessments for bike without quick release skewers as this is time consuming.

Those wearing cycling cleats should ensure that they come with those for the bike ergonomics and whatever comfortable clothing that they wear for their rides. Bring along your helmet just in case there is need to conduct part of the analysis outside of the consultation room. As bicycles are very personal items, the practitioners will not be directly responsible for the attachment of your own bicycle to the bike trainer and you are expected to do this. Those with no experience will be assisted but without any liability on the part of the practitioner with respect to your bicycle.

6. What happens during the Bike Ergonomics Assessment?

Prior to attending this assessment, the administration staff at Perth Integrated Health will confirm your appointment date and time. Any cancellations made within 24 hours of the appointed date and time will incur a full cancellation fee due as this will otherwise inconvenience the practitioner schedules and other patients.

You will also be emailed a Bike Ergonomics Assessment questionnaire which you will need to complete and bring along to the session.

Please attend 10 minutes before the appointed time and change into your cycling attire ready for the assessment.

The practitioner may commence the session by taking high speed photography of your riding position while you work through your chain ring and gears. This will be done at different angles and positions and copies of the photos taken will be eventually sent to you to your nominated email address normally within 24 to 48 hours.

Analysis will include that of your posture and will include a clinical examination in lying and standing positions as well as the possible use of Thermal EMG scans to determine any associated neuromuscular conditions which may or will affect the positioning and presenting complaints on the bike.

The practitioner will then examine you riding and conduct the ergonomics analysis in a nominated sequence of events cumulating with recommendations and adjustments that will be made in situ with the bicycle.

There will be times when riders will be asked to fully complete their assessment with the practitioner while on the bike, and this is normally when external agencies are called upon to fit parts of equipment that would complete the full nature of the ergonomic assessment.

This final analysis is normally conducted at Kings Park and usually on a Tuesday or Thursday in the early morning. This is optional and not always the case.

Participants who will be required to change or replace parts on their bike will also be referred to a PIHCG approved bike shops / repairers where they can seek the service they require as well as attain the normal PIHCG corporate discount for goods sold and services rendered.

7. Tell me more about the Bike Ergonomist?

A request for the professional profile of your consulting practitioner can be sourced by emailing the Director Sportif Ian Wee at: ianwee@pihc.com.au

8. Please note the following requirements for your Assessment:

- a. Please remove all devices and equipment that are on the handlebars as this will otherwise impede the ability of the Bike Ergonomist to conduct proper measurements. Saddle bags must also be removed prior to the assessment.
- b. A clean bike is appreciated. As we are a clinic, we will impose and enforce health department regulations when it comes to cleanliness. Cyclists who bring along bikes that are dirty and greasy will be prevented from undertaking the assessment and will still be charged for the cancellation of the appointment as this is an important health code to reinforce for the wellbeing and safety of the patients.
- c. The appointment is made on a one-on-one basis and as this is a clinic and not a bike shop you will not be permitted to invite your cycling friends or others.
- d. Bike skewers need to be loosened prior to the assessment and cyclists are advised not to over tighten these as it will make it difficult for the bike to be transferred onto the wind trainer.
- e. The assessment is PER bike only and not for two or more bikes.
- f. If you are bringing in cleats to be adjusted or changed, you have to place or replace them yourselves and the Bike Ergonomist will adjust and re-angle the cleats for your specific biomechanical needs but not replace them with newer ones for you.

Perth Integrated Health

PIH Cycling Group
www.pihc.com.au/cycling

Unit 12, 8 Booth Place
Balcatta (via Erindale Road)
Tel: 9240 5266 Fax: 9240 1522

Melville Aquatic Fitness Centre
Marmion St, Booragoon
Tel: 9364 8626

P.O Box 1574, Applecross, 6953
ABN: 73 069 383 900
ACN: 069 383 900

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- g. If you are also intending to consider a replacement saddle, this must also be placed on the bike prior to the assessment.
 - h. Bike Ergonomics Assessments will only be done for cyclists with known or existing medical / clinical conditions. If you are unsure of what this is, please enquire at our front counter. Cyclists looking for a Bike Fit in the absence of any clinical or medical pathology /conditions will be directed to our trusted bike shops for this purpose.
 - i. We stress that we conduct clinical assessments for cyclists per bike ergonomics and are therefore not bike mechanics. In short, if there are mechanical issues and problems with your bike, this is not the correct forum for it to be corrected.

Note: The cost for the PIHCG Bike Ergonomics Assessment is correct as of the 1 Feb 2013 and can be subject to change without notice.

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