

PERSONAL BICYCLE FITTING REPORT



RIDER INFO

Cycling Physio

SITE INFO

Cycling
Physiotherapy
Centre
Lucas Owen
52 Templestowe
Road

SESSION INFO

MAKE/MODEL: Kyklos Featherweight

Bulleen, Victoria
3105
Australia
98521618
www.cyclingphysiotherapycentre.com.au

PRE-FIT NOTES

RETUL BIKEFIT GOALS

- Enhance performance and comfort

CYCLING BACKGROUND

- Style and duration of cycling participation

CYCLING GOALS

- Events or races - if relevant

PAST CYCLING ISSUES/INJURIES

- Pain, injuries or discomfort

SOCIAL HISTORY

- Work and lifestyle factors

MEDICAL HISTORY

- General health status, Medications?

PHYSICAL ASSESSMENT

Standing posture -

Stance rotation -

Foot posture -

Lumbar flexion -

Lumbar extension -

Virtual bike position -

Single leg squat -

Single leg calf raise -

Thoracic rotation -

Shoulder flexion

Straight leg raise -

Hip mobility -

Hip flexor length -

Leg length -

Plank -

CYCLING ASSESSMENT

Cleat Type - Brand and float

Cleat Position - Fore/aft and rotation

Side, Front and Rear View - Posture and pedalling action

DURING-FIT NOTES

Rider warmed-up on an electromagnetically braked ergometer. 3D markers applied - 15 second Retul data captures taken at incremental power outputs until perceived 6-7/10 of maximal effort

Changes made from Retul data:

- Adjustments to bike summarised here

Hands-on treatment:

- Physiotherapy treatment summarised here, if required

POST-FIT NOTES

Equipment required to complete fit is:

- Advice and recommendations made here

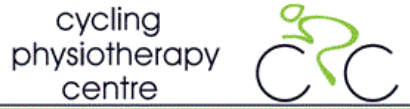
Focus on the prescribed home exercises:

- Reminder of recommended exercises provided during session

Postural and pedalling cues:

- Recommendations and tips to improve comfort and performance

THIS BIKE FIT PERFORMED USING THE **RETUL** SYSTEM



RIDER INFO

Cycling Physio
 STEM: 17 x 120
 SPACER STACK: 15
 CRANK LENGTH: 172.5
 PEDALS: Shimano SPD-SL
 SADDLE: Selle SMP Drakon
 BARS: Deda RHM01

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SITE INFO

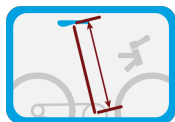
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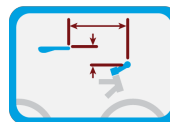
SESSION INFO

MAKE/MODEL: Kyklos Featherweight
 SIZE: 56cm
 YEAR: 2012
 STYLE: Road
 DATE/TIME: 2013/09/14 13:53
 NOTES:

MEASUREMENTS & ANGLES



Saddle Height: **828 mm**
BB to center of saddle profile

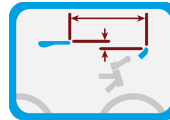


Handlebar Reach: **592 mm**
tip of saddle horiz to bar top

Handlebar Drop: **-102 mm**
cen of saddle profile to bar top grip, - denotes bar below saddle



Saddle Setback: **-93 mm**
BB horiz to front tip of saddle, - denotes saddle behind BB

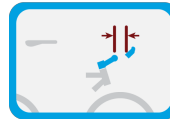


Grip Reach: **716 mm**
tip of saddle horiz to front end of grip

Grip Drop: **-38 mm**
cen of saddle to front end of grip, - denotes grip lower



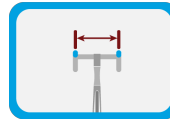
Saddle Angle: **-1°**
angle of saddle to horizon, - denotes nose down



Bar Reach: **45 mm**
center of bar to back end of grip



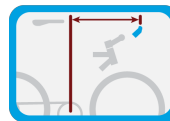
Eff. Seat Tube Angle: **74°**
saddle height axis to horizon



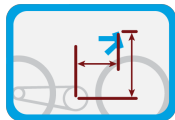
Grip Width: **394 mm**
grip center to center



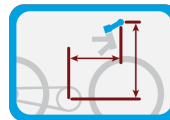
Grip Angle: **35°**
angle to horizon + denotes front end up



BB to Grip Reach: **623 mm**
BB to front end of grip



Frame Stack: **581 mm**
 Frame Reach: **404 mm**
BB to center of headtube top



Handlebar Stack: **680 mm**
 Handlebar Reach: **499 mm**
BB to center of bar

THIS BIKE FIT PERFORMED USING THE **RETÜL** SYSTEM



RIDER INFO

Cycling Physio
 Age 36
 Male
 9852 1618
 cyclingphysiotherapycentre.com.au

RIDING STYLE: Serious Recreational
GOALS: Keep riding until my 90s
INJURIES/PAIN: Lack of fitness
FLEXIBILITY: Medium
TRAINING VOL: 100km per week

PERSONAL BICYCLE FITTING REPORT



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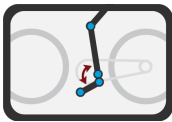
Cycling Physiotherapy Centre
 Lucas Owen
 52 Templestowe Road

SESSION INFO

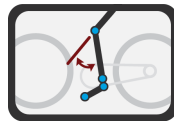
MAKE/MODEL: Kyklos Featherweight
TYPE: Road
PEDALS: Clipless
HANDLEBAR: Drop
DATE/TIME: 2013/09/14 13:42
SIDE: left #5
NOTES: Sample data

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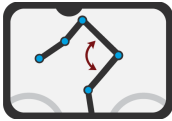
FIT ANGLES



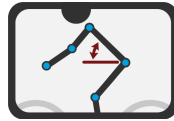
Ankle Angle Min: 72°
 Ankle Angle Max: 99°
 Ankle Angle Range: 27°



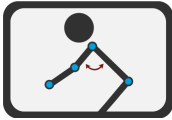
Knee Angle Flexion: 106°
 Knee Angle Extension: 38°
 Knee Angle Range: 67°



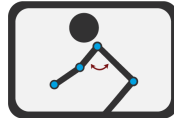
Hip Angle Closed: 69°
 Hip Angle Open: 107°
 Hip Angle Range: 38°



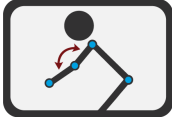
Back From Level: 43°



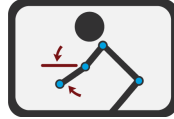
Hip-Shoulder-Wrist: 84°



Hip-Shoulder-Elbow: 71°

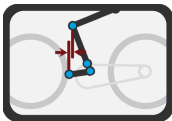


Elbow Angle: 146°

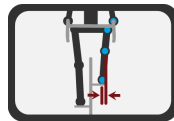


Forearm From Level: -35°

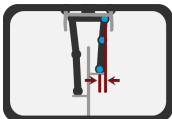
FIT ALIGNMENT



Knee to Foot Forward: -13 mm



Knee to Foot Lateral: -20 mm

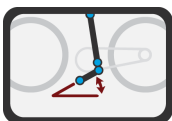


Hip to Foot Lateral: 17 mm



Shoulder to Wrist Lateral: 0 mm

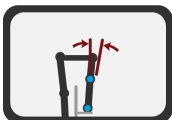
FIT MOVEMENT



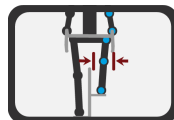
Foot from Level Mean: -23°



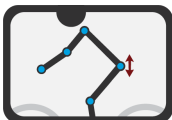
Foot Float Angle Min: -15°
 Foot Float Angle Mean: -15°
 Foot Float Angle Max: -14°



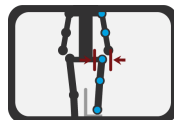
Knee Travel Tilt: 1°



Knee Lateral Travel: 11 mm

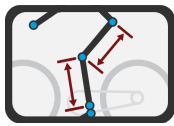


Hip Vertical Travel: 26 mm



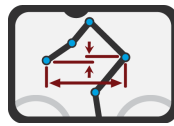
Hip Lateral Travel: 5 mm

ANTHROPOMETRICS



Thigh Length: **505 mm**

Shin Length: **441 mm**



Hip to Wrist Vertical: **-139 mm**

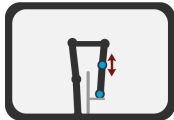
Hip to Wrist Forward: **736 mm**



Hip to Elbow Vertical: **18 mm**

Hip to Elbow Forward: **518 mm**

MARKER PATH



Front View of Knee Path:

WORKLOAD



Cadence Mean: **90 RPM**

Cadence Maximum: **98 RPM**

Power Mean: ~~~

Power Maximum: ~~~

Speed Mean: ~~~

Speed Maximum: ~~~



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