



Barton

Rehabilitation Services

PT BikeFit

Biomechanical Analysis & Cycle Fitting

Road • Mountain • Triathlon

A precise bike fit is a crucial factor in every rider's success. From the beginning rider to the elite racer, cyclists share three common goals: optimizing *power*, increasing *comfort* and improving *performance*.

Barton's PT BikeFit combines the science of cycling and biomechanics with the art of the fit to accomplish these goals. Performed by a licensed physical therapist, your Barton PT BikeFit is tailor made to meet every individual need you may have.

- Increase pedaling efficiency & power

- Improve handling performance

- Decrease overuse injuries

- Decrease saddle soreness

- Reduce/eliminate back, neck and knee pain

Barton ProBikeFit Program Cost - \$100*

PT BikeFit includes:

Assessment of:

Posture

Flexibility

Range of motion

Strength

Balance

Video analysis and feedback

Biomechanical bike fitting by our PT experts

*The cost for a complete bike analysis and fitting is \$100 and is due at the time of your appointment. Some insurances may cover bike fitting. Barton Health is not held responsible for any mechanical malfunctions that may occur following your PT BikeFit.



Meet Our Trained Expert

Chris Kozlowski, PT, graduated from Ithaca College, NY in 1992 with a bachelors in Physical Therapy. She began mountain biking in 1993 and road biking in 2003. Since then, Chris has ridden in multiple century rides, triathalons, and mountain bike races. Chris became a certified bike fitter and received her USA Cycling Level 3 cycling coach certification in 2011.

To schedule your fitting, call:

530.543.5896

2170 South Avenue, South Lake Tahoe, CA

bartonhealth.org/ptbikefit