

Bike Fit Assessment

Our Bike Fit Assessment service is designed to find the ideal position for your body that emphasizes comfort which in turn drives power. This goes above and beyond set points to prescribe the ideal bike for a new purchase or retrofit an existing bike.

Fitting through this lens gives us the ability to eliminate any pain, optimize performance, and get you doing what you love more!

Why should I get a bike fit assesment?

A bike fit assessment is done for injury prevention, comfort, and power efficiency. It can also be prescriptive in terms of ordering a new bike.

What to Expect

Subjective Interview

We want to get to know you as a cyclist. Your goals, strengths, weaknesses, and injury history will help us determine the best fit for your bike.

Bike Examination

- Posture
- Joint angles
- Dynamic stability on the bike
- Compensation strategies

Physical Therapy Examination

- Strength testing
- Muscle length assessment
- Spinal mobility
- Soft tissue palpation
- Manual hands-on assessment
- Movement screening

Bike Fit

Adjustments will be made to your bike, cleats, etc., and education will be provided on exercises and soft tissue techniques that you can use to improve your cycling.

What should I bring with me?

- Bike
- Bike Apparel
- Any tools you generally use to work on your bike
- Be ready to sweat!

How do I schedule a bike fit?

Our Bike Fit Assessment is performed at our Portland and Windham locations. Call 207.828.2121 to schedule your bike fit assessment.