

athlete matters

sports physiotherapists



Bike Fitting - Retül pt.1



Retül provides world class bike fitting technology for all levels of bike riders



**3D motion capture fitting technology
Led by Elite Sports Physiotherapist
Optimal performance, efficiency & injury prevention**

Physiohaus Retül Uni - Newcastle
Worsley Physio clinic- Manchester

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www.HP-3.co.uk

Tim Pigott is a sports physiotherapist with over 10 years experience working with elite athletes, a triathlon coach with the BTF Regional Academy and a Retül Certified bike fitter.

The combination of his knowledge and experience enables him to provide a detailed biomechanical assessment and ensure that your position is dialled in for your individual requirements, as well as provide advice on any supplementary work to improve your position and reduce injury risk.

Athlete Matters are Chartered Physiotherapists who specialise in treating and preventing sports injuries.
Based at Worsley Physio Clinic, Manchester

www.athletematters.com
Tel: 0161 702 9474

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Bike Fitting - Retül pt.2

Why get a bike fit?

A proper bike fit is essential for optimal performance, efficiency, injury prevention and comfort on the bike, and will provide a rider with the most economic means of expending energy. A proper bike fit will also prevent pain that is common in the knee, hip, and lower back, particularly with riders who are trying to adapt their bodies to the bike they already have purchased.

What is unique about the way Retül does bike fitting?

Retül uses a cycling-specific 3D motion capture system that reads a rider's movements while he or she is pedaling on the bike, and records all three planes of movement (3D). This type of data reflects how a rider actually rides a bike and cannot accurately be captured with 2D video, static fitting, or traditional eyeball fitting.

How much does it cost?

£175 (approx. 2-3 hours)

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