

Congratulations!!

At O-health we have combined the leading edge motion capture technology of Retul with years of clinical physical therapy experience to provide you with the ultimate analysis of your body, position and interaction with your bike. We have analysed thousands of cyclists over the last 6 years of our Cycling Analysis program; with National Champions, Ironman Triathletes (including multiple representatives at the World Championships in Hawaii), National Road Series race and stage winners, elite and recreational cyclists. With our knowledge and experience we can tailor a solution for you.

What to expect:

When you visit us for your consultation you will be fitted with an array of 8 LED markers placed in precise anatomical locations. No other system of motion analysis allows such precision of data capture and it all occurs as you pedal. The dynamic nature and precision of the assessment means that we can measure variances in the body to an accuracy of one degree or one millimetre!

We capture movement in 3 planes of movement at the same time-no other system comes close to this level of sophistication. Ultimately the collection of data this accurate is only useful if you have someone able to interpret it correctly. You will receive a full biomechanical assessment and ongoing injury management advice.

This is a unique combination and we are thrilled to be able to offer it at O-health.

Where you need to go:

As of 2017, our bike fitting service is taking place at Cycle Station Albury. This room has been specifically built for us and the bike fitting service we offer. This allows us and you to have more space and access to all things bike related at our fingertips. Cycle Station is located at 480 Young Street, Albury which is the bike store on the left as you drive into the Albury train station.

What you need to bring:

- Your bike-you will be on your bike and be pedalling.
- Cycling apparel-must be lycra and tight fitting or the LED markers will not attach properly!
- Socks-above the ankle.
- Cycling shoes.
- Bikes and shoes (particularly cleats) must be clean. It helps us adjust them more easily.
- A drink bottle and towel.
- Optional - Garmin or Ant+ compatible HR monitor including the strap.

How it unfolds:

- You will be asked to complete a questionnaire outlining- your history of injury and illness, your expectations for your cycling, hours of training, goals and symptoms.
- We perform a physical assessment on you which will analyse foot, lower limb, pelvis and spinal mechanics and their relationship to your cycling.
- We fit the LED markers to your body.
- You ride your bike which will be attached to our indoor trainer with Power Tap hub
- We request you pedal at various intensities during which we will make an initial data capture as well as filming your action on the bike.
- We analyse this data and begin to make alterations to either your body (stretching/mobilisation etc) or to your bike set up.
- We re-analyse you on the bike and take another set of data.
- We make alterations to you or your bike again. This process of alteration and data capture continues until you and our therapist are happy with the result.
- We map your bike using our incredibly accurate LED wand. This data will be given to you so that you can transfer this to other bikes, your next bike or be kept as a baseline for further assessments as your needs change.
- We make recommendations on how best to manage areas that we feel you may be at risk of compromising. This may take the form of stretching, stabilisation/strengthening exercises, product or training recommendations.

You get:

- Approximately 2 hours of expert analysis, opinion and advice.
- Access to a therapist trained in injury management, biomechanics and advanced exercise physiology principles.
- A full report on your current bike position (mapped to an accuracy of a mm); footage of your cycling position and pedalling action pre and post adjustment; injury management and treatment advice.
- Access to unique products fitted by a trained therapist.
- In our performance fit we can maximise your efficiency, reduce your injury risk and subsequently improve performance.

Your cycling life is about to change for the better utilising the unique combination of Retul's 3D motion capture technology and advice from a qualified Osteopath. And best of all- it is great fun!

