

Our mission.

To provide each individual with the most comprehensive evaluation and cutting-edge information with the common goal of getting you back in the saddle as quickly as possible. We know that just stopping is not an option. Whether it is helping a new cyclist or triathlete get started, experienced athletes with injuries, or anyone wanting to improve, we are committed to getting you “on the road!”

Contact us.

For additional information or to schedule an appointment for a biomechanical assessment, please call our office during normal business hours at:

Portage Office: 269.329.0934
Kalamazoo Office: 269.375-4737

For more information about any of our physical therapy or sports performance services, you can visit our website at www.agilitysportsmedicine.com.

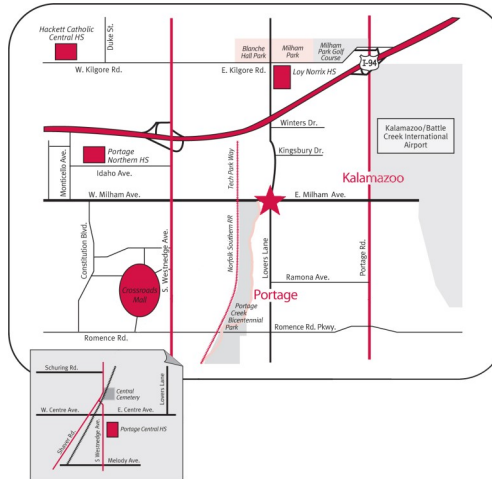


**Agility Physical Therapy &
Sports Performance, LLC**

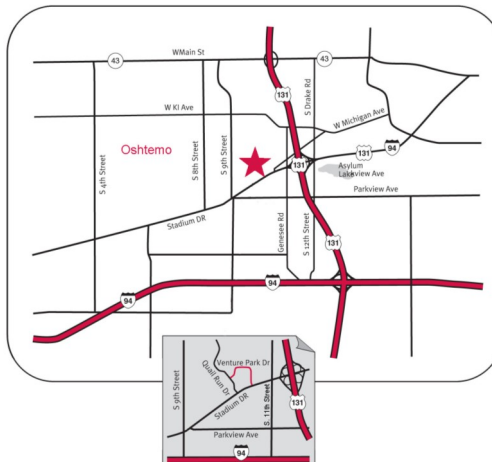
Our locations.

We have two convenient locations now to serve the Southwest Michigan area.

PORTAGE: 6106 Lovers Lane, Suite 3 (49002)
Located on the southwest corner of E. Milham Ave. and Lovers Lane. The parking lot entrance is off Lovers Lane.



KALAMAZOO: 5886 Venture Park (49009)
Located off Stadium Dr. west of US-131 behind DeNooyer Chevrolet. White brick building with a blue roof.



Biomechanical Assessment for Cyclists & Triathletes



**“specialty services geared for
performance enhancement and
injury prevention”**



**Agility Physical Therapy &
Sports Performance, LLC**

Biomechanical Assessment for Cyclists & Triathletes

What is a biomechanical assessment?

You will spend approximately 45 minutes with a Board Certified Sports Clinical Specialist who will provide you with a complete lower quarter screen, including assessment of foot and ankle biomechanics and lower leg alignment specific to proper bike position and fit.



What do you get out of this evaluation?

- 🚲 Suggested recommendations on position and fit for road or tri bikes
- 🚲 Assisting you and your local bike shop staff with the necessary position or fit changes based on the evaluation
- 🚲 Recommendations on cycling shoes or the need for custom orthotics
- 🚲 Appropriate strength and flexibility exercises

Who would benefit?

- ✖ Any cyclist or triathlete who is dealing with neck, shoulder, back, hip, knee, lower leg or foot pain
- ✖ Any one who has struggled with riding efficiently or comfortably for any length of time
- ✖ Anyone who is involved in cycling for fitness, training or competition
- ✖ From **beginner** to *elite...* from **casual** to *competitive!*
- ✖ Any cyclist or triathlete who is looking for recommendations on training and performance enhancement



What do I need to bring?

All you need to do is bring your cycling shoes and a pair of shorts. At the time of scheduling your appointment, speak with the therapist to determine if your bike is needed.

How much does it cost?

The cost for a biomechanical evaluation is \$55.00. We are not able to bill your medical insurance for this specialty service.



Our staff.

Our expert staff have advanced training and certification, as well as years of experience in working with cyclists and triathletes for injury management and performance enhancement. More importantly...we are *athletes* helping *athletes!*

