

## Pre-Bikefit Screening & Bikefit Guidelines Workshop

North West Triathlon Workshop 'Pre-Bikefit Screening & Bikefit Guidelines'  
Monday, 13<sup>th</sup> June 2011 19:00 - 21:30 (GMT)

### Venue:

Parish Church Hall, Church Brow (Street), Clitheroe, Lancs. BB7 2DG.

Clitheroe is situated approximately 25 minutes east of Junction 31 M6. See map below.

To register refer to link below:

<http://regonline.activeeurope.com/Register/Checkin.aspx?EventID=950896>

Screening of competitive cyclists prior to Bikefit is an area often neglected, undervalued, or misunderstood. We screen to identify potential musculoskeletal problems such as malignment of the lower-limb and/or foot, prevalent in many cyclists - likely to disturb pedalling symmetry. Our findings, often complimented by customised rehab exercise plans are later used to enhance the Bikefit process.



We (**NJD Sports Injury Clinic**) have developed our own unique biomechanical screening protocol designed to compliment Bikefit and improve cycling performance. We believe we are UK's leaders in this field following our unique



research undertaken at Manchester Metropolitan University in 2010. Club level cyclists and/or older cyclists are most likely to benefit from screening and subsequent adjustments and/or rehab plans. Many Bikefits carried out by mechanics only examine the cyclist's position on the bike. This approach neglects the all important power-house '**the cyclist**' and the prevalent anatomical / biomechanical problems associated with many club cyclists and older cyclists. Our unique approach, 'from a clinician's perspective' has recently featured in *Cycling Weekly*, *Cycling Fitness*, *Journal of sportEX dynamics* and the popular *USA Performance Cycling Conditioning* magazine.



Photos show one of the **Cycling Weekly** editors undergoing Pre-Bikefit Screening at **NJD Sports Injury Clinic**. We have screened many first class triathletes, professional cyclists including local pro Ian Bibby of Motorpoint.

For more details contact: Nick Dinsdale Tel: 01200 427457: e-mail: [nickdinsdale@fsmail.net](mailto:nickdinsdale@fsmail.net)

Or visit our website: <http://www.njdsportsinjuries.co.uk/>

**Venue: Parish Church Hall, Church Brow (Street), Clitheroe, Lancs. BB7 2DG**

The Parish Church Hall is located in the Town Centre, directly opposite St Mary's Magdalene Church

**Parking** is available on the Railway View Car Park (P), opposite Clitheroe Health Centre and is free after 6.00pm. From the car park, walk up past Ribble Valley Borough Council Offices, through Church Walk and turn left up Church Street, St. Mary's Centre is 100 meters on the right. Additionally, there is limited street parking and other Car Parks (P) nearby.

