

## Clinical Bike Fitting and the treatment of cycling related overuse injuries

June 3-4, 2023: 9am to 4pm

Location: Couve Health

222 W Broadway, Vancouver, BC V5Y 1P5

A 2-day course intended to teach the biomechanics of cycling, proper bike fit/ergonomics and the assessment, treatment and prevention of common cycling related injuries.

Participants will learn how to properly fit road bikes, mountain bikes and commuter bikes in a way that can be realistically applied to their in-clinic practice immediately after the course. Participants will also be confident to suggest and complete minor adjustments that can be made to an injured cyclist's current bike position to keep them on the bike as they rehabilitate. The course will be concluded with a review of cycling specific strength and conditioning and off-season physical preparation programming.

### Educational goals

- 1) To learn correct bike fit for road cyclists, mountain bikers and commuters.
- 2) To understand common bike fit faults that contribute to cycling-related overuse injuries.
- 3) To enhance your knowledge of treating and preventing cycling-related overuse injuries.

### Program

Day 1 (AM/PM)	Day 2 (AM/PM)
<ul style="list-style-type: none"><li>- Registration, introduction, course objectives, bike anatomy quiz</li><li>- Lecture: Bike fit theory</li><li>- Lecture/Practical: Bike fit biomechanics assessment</li></ul>	<ul style="list-style-type: none"><li>- Practical: Demonstration of bike fit on a participant (front-end)</li><li>- Practical: Participants practice bike fit (front-end)</li></ul>
<ul style="list-style-type: none"><li>- Lecture: Bike fit sequence / concepts</li><li>- Practical: Demonstration of bike fit on a participant (back-end only)</li><li>- Practical: Participants practice bike fit (back-end only)</li></ul>	<ul style="list-style-type: none"><li>- Lecture: Common injuries, treatment concepts</li><li>- Lecture: Return to cycling after injury</li><li>- Practical: Prevention of injuries and strength and conditioning</li><li>- Practical: Intro to Retul Bike Fitting</li></ul>

**Seminar Fee: \$500 - confirm registration via email to [aarondobie@live.ca](mailto:aarondobie@live.ca)**

**\*Max 12 participants (min 8)\***

**About Aaron**

Aaron Dobie was born and raised in Vancouver, BC, Canada. He stayed close to home throughout his bachelor's and master's degrees and cemented his love for bikes at the age of 14. He started racing mountain bikes when he was 16, advanced through the various divisions, entered the pro/elite field at 19 and continues to race at that level.

A significant part of Aaron's Physiotherapy practice is with off-road and road cyclists. He enjoys rehabilitating injuries as well as programming off-season strength and conditioning plans. Aaron has completed multiple certifications in Bike Fitting, including the Retul Fitting system. In recent years, Aaron has found a passion for teaching and has led various cycling specific lectures and courses.

Aaron also has sport work experience with various professional cycling teams. For the 2020 and 2021 seasons, Aaron travelled on the UCI World Cup downhill mountain bike circuit as a team Physiotherapist. Aaron switched disciplines in 2022 and worked at the UCI Enduro World Series with Ibis Cycles.