

Pre-Physio Bike Fit Questionnaire.

**Name :**

**Date of Birth**:

**Email:**

**Mobile:**

**Main Problem**: e.g. I get pain to the front of the left knee when going uphill or saddle discomfort after ~30km

Answer:

**Previous Injuries and/or previous/current symptoms (both on and off the bike):**

**Bike**

Type:

Brand:

Previous bike fit changes?

Awareness of pedalling technique?

**Training**:

Group cycling distances and average km/hr :

Functional threshold power/heart rate,(if you keep record of this):

Running volume per week

**Your expectations for the physio bike fit session?**

**Please bring the gear you normally wear when out on the bike.**

Please have bike relatively clean for your session and return this form to info@thebikefitphysio.com as soon as you can.

Cheers and thanks

John Phelan