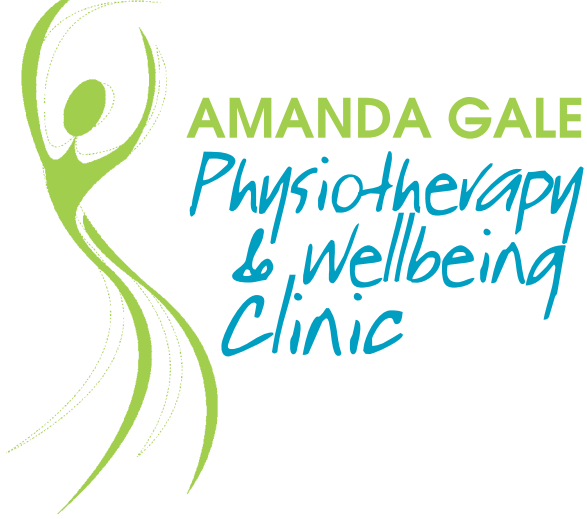


Biomechanical Assessments

“ Running and cycling technique is critical when seeking to reduce and prevent injuries and to improve your performance. ”





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At Amanda Gale Physiotherapy we have Physiotherapists that have specialized training in running and cycling assessments for weekend cyclist/runner or a high performing athlete.

Running Assessment

- Determines runner’s aim and or injury profile
- Analysis of running technique on a treadmill

Cycling Assessment

- Determines cyclist’s aims and/or injury profile
- Biomechanical assessment of the cyclist’s body
- Analysis of cycling technique on their bike mounted on a wind trainer.
- Measurement of critical bike set up parameters

Following the analysis, specific drills, exercises and technique cues are prescribed to maximize the person’s efficiency and/ or minimize abnormal stresses through the person’s body to decrease pain and injury.

Why Choose Us?

Assessments are performed by physiotherapists who specialize in movement analysis and exercise prescription.

How Much Does It Cost?

Running Assessment ½ Hr.....	\$85
Cycling Assessments 1Hr.....	\$140

What to Bring?

Running

- Your normal running shoes & orthotics if usually worn

Cycling

- Your bike & cycling shoes

Making an Appointment

Appointments conducted in our clinic at 17 Anderson St, Cairns.

To make an appointment phone **4041 7717** or email info@amandagalephysio.com.au

Your Feedback

During your visit to our clinics, our staff will endeavour to provide you with the highest level of treatment and care. Your feedback is important to us to help us to continue to improve and to meet the needs of our clients and the community.