

BIOMECHANICAL CYCLING ANALYSIS

Convenient Locations

Beaches

1577 Roberts Drive.#320
Jacksonville Beach, FL 32250
904.247.3324

North

12961 North Main St. #201
Jacksonville, FL 32218
904.757.2474

Point Meadows

7740 Point Meadows Dr. #1
Jacksonville, FL 32256
904.564.9594

Riverside/Westside

4339 Roosevelt Blvd. #600
Jacksonville, FL 32210
904.389.8570

San Marco

1325 San Marco Blvd. #102
Jacksonville, FL 32207
904.858.7045

South

14985 Old St. Augustine Rd. #106
Jacksonville, FL 32258
904.288.9491

University

5737 Barnhill Dr. #204
Jacksonville, FL 32207
904.733.9948

Mandarin

12276 San Jose Blvd. #717
Jacksonville, FL 32223
904.288.9604

Fleming Island

1845 Town Center Blvd. #410
Fleming Island, FL 32003
904.621.0396



During or after a bike ride,
do you experience one or more of the following?

- Pain in the Achilles' tendon or arch of the foot
- Chronic pain behind the knee
- Pain in the shoulder joint
- Chronic low back or neck pain
- Tingling in the hands or fingers
- Burning pain on the outside of the thigh or hip
- Numbness in the toes or ball of the foot



These and other issues may be related to specific muscular imbalances, weakness and/or stiffness in the joints and soft tissue. We offer a personalized rehabilitation program for cyclists to treat deficiencies in your musculoskeletal system, and assess biomechanical flaws in your riding position.

During the analysis, you will receive:

- A comprehensive physical therapy **consultation** to define the cause and nature of the injury
- A cycling-specific balance **analysis**
- A medical bike fit, which includes an **evaluation** of the “power plant” (shoe-pedal interface, crank length, saddle height, angle and fore/aft position) and the “cockpit” (handlebar width and roll, stem length and saddle-to-bar differential)

Cost of Program

\$75 Evaluation of Mechanics. Cost of further visits based on individual needs.

Insurance billing is available for injured runners with a prescription from referring physician.

For a cycling assessment, contact any of the nine JOI rehab locations!

www.JOIonline.net