

Canyon Physical Therapy and Aquatic Rehabilitation

Bike Fit Consent and Waiver

Please read the following statements carefully and sign at the bottom indicating your understanding. Services provided are intended to improve comfort, enjoyment, positioning, efficiency, performance and/or reduce risk of injury while riding the bicycle. After a fitting your body may require some time to adjust to the new positioning, and sometimes further adjustment may be needed. The cost of this bike fitting includes one follow up visit within 30 days to address these possible adjustments. This service is not intended to diagnose, actively treat, or provide “physical therapy treatment.” Furthermore, improvement of any symptoms cannot be guaranteed, but the bike fitter will maximize their knowledge and experience to address issues and provide the best possible fit given all limitations and outside factors.

Bicycle Adjustments: Bicycle hardware (i.e., wheels, seat tube clamp, saddle clamp, handlebar clamp, stem clamp, clipless shoe hardware, pedals, etc.) is loosened and retightened as part of the evaluation and fitting process. The client agrees to recheck any and all such adjustments to ensure the bicycle position is secure and safe. The client should record any changes he/she makes independent of those implemented during the bike fit appointment(s).

Break-in Period: It is generally recommended to allow a 2 week break-in period for bicycle adjustments. The duration of the break-in period depends upon the amount of changes made during the fitting and the intensity and amount of time the client spends riding. During this break-in time the client should adjust riding volume, duration and intensity to below their normal limits to give the body time to adapt to the changes made during the bike fitting. Any original riding discomfort or pain should not increase during this time. It is sometimes expected to experience differing sensations during this break-in process, especially muscular in origin but not pain. If the client experiences pain or has any questions or concerns, please contact Canyon Physical Therapy and Aquatic Rehabilitation (CPTAR) immediately.

Client Responsibilities: A bicycle fitting includes an array of testing of musculoskeletal structures and functions and requires regular kinds of stress that cycling entails. The client is aware that any physical activity carries some degree of risk for injury. It is the client’s responsibility to inform CPTAR of all medical and /or fitness conditions, treatments and medications that could impact their ability to exercise and train safely. If at any time during the evaluation process, the client experiences discomfort or feels unsafe, it is the client’s responsibility to inform CPTAR. It is the client’s responsibility to inform CPTAR about any concerns they may have or clarification needed regarding the bike fit process or CPTAR’s policies.

Payment and Cancellation Policy: Payment in full is expected at the time of service. We request that clients contact us at least 24 hours in advance to cancel or reschedule appointments. If appointments are no showed, cancelled or rescheduled in less than 24 hours prior to your scheduled bike fit a \$50 late fee will be enforced. CPTAR does not bill medical insurance for bike fitting services.

Client Consent and Release of Liability: To the best of my knowledge, I am sufficiently healthy to participate in a bike fit and the related break-in period. I agree that if I experience any discomfort or feel unsafe during the bike fit and related activities, I will communicate with CPTAR. I understand that it is my responsibility to notify CPTAR of any changes in my medical and/or fitness condition that could impact my ability to exercise and train safely. It is in the client’s best interest when initiating a new exercise program or engaging in new physical activity, including bike fit related activities, to consult with a physician even if there is no obvious risk factor(s).

I understand that CPTAR and the employees thereof are not liable for any bicycle-related damages occurred while transferring, transporting, or performing the service provided. The bike fit performed at CPTAR does not include/involve any type of mechanical maintenance (i.e. “tune-up”) or installation of new equipment on the bicycle, unless previously discussed with CPTAR. In the case that a mechanical issue arises, the bike would need to be taken to a mechanic and the fitting rescheduled to another date/time for completion.

Client Signature

Date

Parent/Guardian Signature

Date