

**Curtis Cramblett, LPT, CSCS**

**Revolutions In Fitness**

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*Please sign and bring this form to your appointment.* Name \_\_\_\_\_

**Position Guidelines / Health Agreement**

Please bring a copy of this signed with you. Most times the break-in period is necessary but it depends on the amount of changes we do, the intensity, and amount of time you are on your bike. Sometimes the down time is avoided with incremental adjustments toward the most efficient position.

**Guidelines Following Position Changes**

1. Position changes should be made in 2-4mm increments.
2. Allow transitional period of 1-3 weeks following change.
3. Ride on flat to rolling terrains and in easy gears.
4. Stretch daily during transitional period.
5. Record any changes you make on your own.

**Bicycle Retro-Fit Checkout List and Agreements**

1. Nuts and bolts have been loosened and retightened. I expect you to recheck all of the adjustments to ensure that the bicycle position is re-secured.

Client has / will double-check brakes, wheels, drive train and fastening devices such as seat bolt, stem, etc.

Coach / Client: \_\_\_\_\_ Date: \_\_\_\_\_

2. Break-in period for bicycle adjustments is generally two weeks. This period should consist of “easy” riding in the small ring, adjusting your volumes and intensities to below normal. Your original pains or discomforts should not increase during this time. It is somewhat normal to experience differing sensations especially muscular ones, but not pain. If in doubt, please **call**.

Coach / Client: \_\_\_\_\_ Date: \_\_\_\_\_

To the best of my knowledge, I am in good enough health to participate in a bike fit, efficiency evaluation requiring the regular kind of stress that cycling entails. If at any time I feel discomfort or unsafe I will make it known. I understand that it is my responsibility to notify Revolutions In Fitness of changes in my medical and/or fitness condition that could impact my ability to exercise and train safely, including (without limitations) changes in the matters covered by this questionnaire. I have been advised to consult with a physician before beginning any exercise, even if my answers to the questionnaire do not indicate the existence of any specific risk factor(s).

Client: \_\_\_\_\_ Date: \_\_\_\_\_

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**BIKE FIT APPOINTMENT CONFIRMATION AND QUESTIONNAIRE**

Please read ENTIRE document, sign, and bring to your appointment.

Thank you for scheduling a bike fit! I look forward to meeting you and working with you and your bike. I'm confident that we can find ways to make you more efficient and more comfortable.

I would like you to bring everything you would normally take to ride including your helmet, cycling shoes, cycling shorts, and gloves.

If you plan to have a mountain bike fit, and have slick tires, then please put a slick tire on your rear wheel. Also, please make sure that the bolt to your cleats on the bottom of your shoes are cleaned out (a nail works well) in case we need to change your cleat position.

***I have a 24-hour cancellation policy. If you cannot cancel 24 hours in advance, I will bill you for the session regardless, because these times are quite limited and people sometimes wait three to five weeks to get an appointment. Canceling in advance will allow someone else to use your appointment time.***

Also, I frequently do some videotaping and/or photo taking of your posture and mechanics during a fit, and there are times when I would like to use these materials in the lectures I do on bike fit, stretching, strengthening, and efficiency. Please let me know if you would be uncomfortable with me using these in a lecture. If so, I will immediately erase the material once we are done with it in our session.

Please complete and bring to your appointment the following questionnaire. Having the answers to these questions will help me understand your reasons for having the bike fit as well as save us time during the evaluation. Leave blank any questions that you cannot answer and we'll talk about them during the evaluation if they are pertinent to your fit.

Here's what to expect

- 1) On bike analysis – posture, pedaling efficiency, seat, cleat, and handle bar positions
- 2) Off bike analysis – flexibility, extremity and core strength, balance, leg length
- 3) Bike adjustments for matching the bike to your body and goals
- 4) Instruction in exercises for improvements in cycling efficiency and health

Many times the bike fit is a 'large final straw' that finishes pushing the body into an unhealthy place. People frequently have underlying musculoskeletal (body) weaknesses (diminished flexibility / core strength / pedaling efficiency etc.) — issues that the current fit brings to light. A proper bike fit can accommodate for a client's muscle and joint issues. Thus it diminishes client's symptoms but does not take them completely away or it takes them away and the underlying body issues remain to cause a problem at a later time. For example, a chronically tight hamstring and weak core will frequently lead to back and neck pain. By changing the fit I can accommodate for the tightness and weakness allowing a person to feel better while biking. But the next time the person does a really hard or long ride, a lot of sitting, lifting or another activity that requires strength and flexibility, the issues arise again. A fit that accommodates for your dysfunctions results in the healthiest but not always the most efficient (aerodynamic, power etc.) position

Therefore, many people stop in for follow up (a) visit(s) to:

- recheck and progress their exercises;
  - get physical therapy work on their tight areas;
  - work on proper pedal mechanics on the bike;
  - get further readjustments of the bike based on a changing body – more flexibility / strength etc.
- This allows for a more efficient position to be obtained when injury is no longer the largest consideration.

At the end of or during your visit, we will discuss if follow up sessions could be of help in accomplishing your goals. Below you will find a list of bike fit types and follow up services that are offered.

Payment can be made with cash or check. If you need to use a credit card you can set up a free PayPal account (before you come) and we can do that as well.

If you have any questions before your appointment, please feel free to contact me via my cell phone at (510) 325-1884.

Thank you,

Curtis Cramblett, PT, CSCS

### **BIKE FIT APPOINTMENT CONFIRMATION AND QUESTIONNAIRE**

Your Name: \_\_\_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_ Age: \_\_\_\_\_

Est. bike weight: \_\_\_\_\_ Occupation: \_\_\_\_\_

Day Phone: (\_\_\_\_) \_\_\_\_\_ Evening Phone: (\_\_\_\_) \_\_\_\_\_

1. What are your goals and reasons for scheduling a bike fit? Increased comfort, increased efficiency, decreased pain, etc.?
2. What are your goals for the 'year'?
3. Do have any current aches and pains? Please list below with details.

Ache 1:

When did this pain start?

How many miles of biking before it comes on?

Does it seem to be aggravated by certain terrains, speeds, or positions?

Does it last after biking, and with which daily activities?

Are there any positions / activities that help ie: putting your foot in a different position when you pedal, sitting more upright, ice, - please test this before our appointment

Ache 2:

When did this pain start?

How many miles of biking before it comes on?

Does it seem to be aggravated by certain terrains, speeds, or positions?

Does it last after biking, and with which daily activities?

Are there any positions / activities that help ie: putting your foot in a different position when you pedal, sitting more upright, ice, - please test this before our appointment

4. Have you had a bike fit in the past?    Yes    No

a. What changes were made?

b. Did the changes help?

5. What do you currently like about your bike / bike fit?

6. What would you like to change or adjust to make it better?

7. What have you changed with your bike fit?

a. Did the changes help?

8. How many hours per week do you train in total?

a. Biking:

b. Running:

c. Swimming:

d. Weights:

e. Other (describe):

9. What is your past injury history?

10. Have you had any surgeries? What and when?

11. Any other medical or heart conditions that I should be aware of including Heart problems, Diabetes, etc. ?

12. How did you hear about Revolutions In Fitness / Curtis Cramblett?

## TYPES OF BIKE FITS

If you are part of a sponsored team (Race) or organization (ALC riders TNT etc.) and are due a discount please let me know at the time of service and please bring cash if possible.

Even if you're not a part of a team or organization, I offer a 10% cash discount

### 1. Physical Therapy Fit

**\$300**

*For cyclists who want to get rid of the aches and pains they experience with riding.*

- Exercises for improving comfort and speeding healing
- Professional fit aimed at pain reduction and healing
- Invoice for medical insurance billing – if requested
- Usually lasting 1.5-2 hours

### 2. Performance Fit Package

**\$275 for 1<sup>st</sup> 2 hours  
(\$125 / hr after)**

*This package is designed for the current or aspiring racer, to give them the best possible fit for improvements in efficiency and thus gain valuable a time advantage.*

- Body/biomechanical assessment
- Aerodynamic vs. power efficiency analysis-- what position are you truly the fastest and most efficient in?
- Exercises for performance / aerodynamic improvements
- 2 sessions: first 2 hours, second 1 hour

### 3. Professional Fit

**\$275**

*For the healthy cyclists who wants to balance fit and performance.*

- Basic strength flexibility assessment included
- Usually lasting 1.5-2 hours

*All the above include pedal mechanics analysis, cleat adjustment, seat positioning, and handle bar placement, posture and alignment instruction, home exercises for goals.*

### 4. Basic Fit – 1 hour appointment

**\$150**

- Basic flexibility assessment, basic positioning
- For the recreational cyclist wanting improved comfort.

### 5. Size Fit

**\$150 / hour**

- Determines the dimensions of a perfect bike for your needs & goals
- Defines the optimal bike position without any of the restrictions of an existing bike
- Ensures your investment in a bike is well spent and your time in the saddle is a pleasure!
- .25 to 1.5 hours depending on needs of client

### Other services: - \$150 / hour

On Bike Cycling Skills Work and assessment

Complete Cycling Efficiency Analysis on / off bike

Personal Training

Physical Therapy initial / follow up– can be reimbursable thru insurance

Coaching – monthly plans and assessment

**\$ 400/ month –billed quarterly**