



Climb higher.

Fix your bike fit for peak performance.

Biking doesn't have to hurt. If you feel discomfort during or after your ride, your bike might not fit your body correctly. The new Nebraska Medicine BikeFit program will help you get just the right fit on your bike – so you can get back on the trail or on the road.

Our bike fitters are not only physical therapists, but also cycling specialists, and have completed BikeFit training through BikePT. With this specialized training, our bike fitters have the background and experience to make sure you can be comfortable and injury free on your bike whether you are a recreational or competitive cyclist.

At your BikeFit appointment, you'll get an expert assessment. The physical therapist will examine your strength, flexibility and posture, as well as check how your body sits in the saddle. Then your bike will be adjusted to optimize your experience and help you ride pain free.



**Nebraska[™]
Medicine**

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For appointments: **800.922.0000** | **NebraskaMed.com/BikeFit**

Who should get fit?

No physician referral is necessary for a BikeFit appointment. The program is open to cyclists of all ages, at any skill level, who want to make sure their bike fit is correct, or who experience any of the following during or after their rides:

- Hand numbness
- Neck pain
- Wrist or knee pain
- Seat discomfort
- Back pain

LOCATIONS

Physical and Occupational Therapy at Lauritzen Outpatient Center

4014 Leavenworth St. | Omaha, NE 68105

Physical Therapy at Village Pointe

110 N. 175th St. | Omaha, NE 68118



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Fees apply. For more information, please visit NebraskaMed.com/BikeFit