

# PRESS PLAY ANALYSIS



## Video Performance + Injury Analysis

Press Play Analysis is a subdivision of Innersport Chiropractic, Ltd.

### CYCLING ANALYSIS OR NEW BIKE PRE-FIT CONSENT AND EXPECTATIONS

*Please read the following statements carefully and sign at the bottom indicating your understanding. Thank you.*

#### 1. Bike Fit/Cycling Analysis

- **Bicycle Adjustments:** Bicycle hardware (e.g., brakes, wheels, drive train, fastening devices for seat post/handlebar stem) is loosened/retightened as part of our bike fit services. Client agrees to recheck any/all such adjustments to ensure revised bicycle position is secured and safe or to take the bike to a bike shop to either check or make such adjustments. Press Play Analysis, Innersport Chiropractic, Ltd. Dr. Jessica Greaux, and/or staff are not responsible for damage to either rider or bike after a bike fit.
- **Break-In Period:** Break-in period for bicycle adjustments is generally two (2) weeks in duration. During this period, Client will ride the adjusted bicycle using the small chain ring and adjusting riding volume, duration and intensity to below Client's normal levels. Client's original pain/discomfort should not increase during this break-in period. It is somewhat normal to experience differing sensations during break-in, especially muscular ones, but not pain. **If Client experiences pain or has questions/concerns, please contact Dr. Jessica Greaux immediately.** The break-in period allows us to determine if the fit is right for you. It is not advised to do rides longer than 2 hours the first week after fits. If you choose to ride longer, you ride at your own risk.
- **Client Agreements:** To the best of my knowledge, I am sufficiently healthy to participate in a Cycling Analysis appointment and related break-in period, since associated efficiency evaluation requires Client to undergo normal bicycling-related stress. I agree that if at any time I feel discomfort or unsafe during Cycling Analysis-related activities, I will communicate this to immediately to Press Play Analysis/Innersport Chiropractic, Ltd. I understand that it is my responsibility to notify Press Play Analysis/Innersport Chiropractic, Ltd. of any changes in my medical and/or fitness condition that could impact my ability to exercise and train safely, including (without limitations) changes in matters covered by this questionnaire. I have been advised to consult with a physician before beginning any exercise, including Cycling Analysis-related activities, even if my answers within this questionnaire do not indicate existence of any specific risk factor(s).

#### 2. Size Fit (New Bike Pre-Fit) Position Change Guidelines:

- Ride on flat to rolling terrain and in easy gears.

- Client should do self-massage (foam roller and the like) and daily stretching during transitional period.
- Client should record any changes he/she makes independent of those implemented during bike fit appointment(s).

### 3. Consent to Evaluation

I hereby consent to a Cycling Analysis evaluation to determine my bike dimensions by a bike fitter affiliated with Press Play Analysis and Innersport Chiropractic, Ltd. I consent to staff of Innersport Chiropractic, Ltd. and Press Play Analysis to make changes to my bike.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_