

Cycling

Reach your potential!



Cyclists get leg pain and spinal pain when their movement control is inefficient. Movement control is all about the interplay between strength and muscles, between soft tissue flexibility and joint mobility.

- Test your core
- Evaluate your thorax
- Target your training
- Optimise your effort

A matrix screen involves assessing specific muscles for strength and flexibility alongside balance and core stability, four essential elements that will ensure your success in cycling.

After your initial assessment an individualised programme will be created with subsequent follow-ups to progress your management.



Richmond Physiotherapy
getting you active

For further information

richmondphysio@btconnect.com tel 020 8332 1132

10% OFF YOUR FIRST ASSESSMENT WHEN QUOTING THIS AD