

**GEARED**

**FOR CYCLISTS**

**GET ON THE  
ROAD TO  
SUCCESS.**



*Agility* An Agility Health Partner  
Physical Therapy & Sports Performance 

# KEEP THE WHEELS MOVING.

Whether you're a weekend cyclist or a serious triathlete, you could benefit from a comprehensive assessment of your foot and ankle biomechanics and leg alignment.

## Why Agility?

Our expert staff at Agility Physical Therapy & Sports Performance takes a comprehensive approach to treating each person as an individual. We offer many different programs "geared for cyclists and triathletes" for performance enhancement and injury prevention.

## Specialty Programs

- Biomechanical Assessment for Cyclist and Triathletes with Recommendations on Position/fit, Shoes, Orthotics and Exercises (\$55)
- State-of-the-art Videotaped Running Gait Analysis with Recommendations on Shoes, Orthotics and Exercises (\$65)
- Professional Bike Fitting with Athletic Mentors ([www.athleticmentors.com](http://www.athleticmentors.com))
- Lactate Threshold Testing (LTT) for Running and Cycling (\$90)
- Metabolic Testing (VO2) with In the Zone Fitness ([www.inthefitness.com](http://www.inthefitness.com))
- Consulting Services: Sport Psychology and Sports Nutrition
- Sport Specific Functional Training

## Who would benefit?

- Suffering from any spine, upper or lower body pain
- History of cycling or running related over-use injuries
- Looking for performance enhancement or getting started on the right foot as a beginner

## Our Expert Staff

- Board Certified Clinical Specialists in Orthopedics (OCS) and Sports (SCS) Physical Therapy
- Certified Strength & Conditioning Specialist
- Advance training in biomechanical analysis for lower quarter injuries



[agilitysportsmedicine.com](http://agilitysportsmedicine.com)

## Portage Location

6016 Lovers Lane, Ste 3, Portage, MI 49002  
P 269.329.0934 F 269.329.0965

## Kalamazoo Location

5886 Venture Park, Kalamazoo, MI 49009  
P 269.375.4737 F 269.375.4747