Programma Physio Bike Fit

| **LEVEL 1** | **LEVEL 2** |
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| **Lecture 1**| 45 minutesEpidemiology of Cycling InjurySystematic Review of Risk Factors for Overuse Injury**Lecture 2** | 60 minutesBiomechanics of Cycling**Lecture 3** | 60 minutesMastering Cycling LoadThe Cycling Kinetic Chain**Lecture 4**| 60 minutesPhysio Bikefit – Theory**Lecture 5**(Workshop 1)Interview & Body Assessment - Part 1**Live Workshop 1**| 120 minutes*Physio Bikefit Workshop*Presented by Paul Visentini and Rodrigo BiniFriday 28 May 17:00-19:00 AEST (also Oct 2021)Recorded copy available | **Lecture 6** | 60 minutesA Model for Overuse Injury in Cycling (60mins)**MODULE**Rehabilitation Principles in Cycling Injury**Lecture 7**| 45 minutetsCycling Body Ax - Part 2**Lecture 8** | 30 minutesThe Squat Masterclass**Lecture 9**| 30 minutesComplex Rehabilitation TheoryCycling Body Ax - Part 3**Live Workshop 2**| 120 minutes*Cycling Body Part 2 & 3 + Q&A Session*Presented by Paul VisentiniSaturday 29 May 16:00-18:00 AEST (also Oct 2021)Recorded copy available |