

# BIKE FITTING

Cycling 3DMA 6.09 NS-BETA-

FULL NAME <b>Cycling EDDO , Samples</b>	REPORT DATE <b>3/2/2017</b>	STUDY PERFORMED BY:
ANALYSIS PROTOCOL <b>Bike fitting (right side)</b>	DISCIPLINE <b>ROAD</b>	

## RECORDING: TECHNICAL DETAILS

RECORDING DATE  
2017-01-21

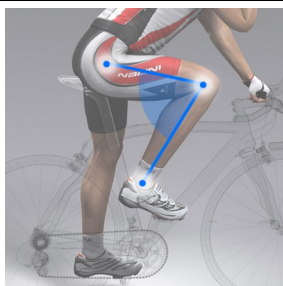
DATA SAMPLING RATE  
120 Hz (frames/sec.)

RECORDING TIME  
10 sec.

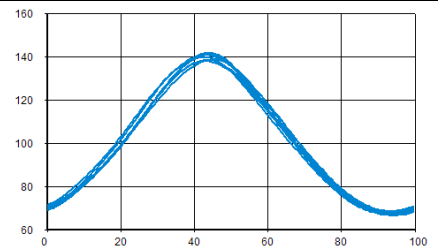
AVERAGE CADENCE  
47 rpm

## RIGHT KNEE

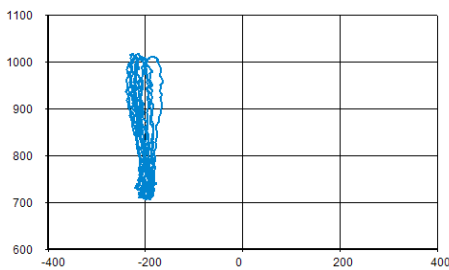
### KNEE FLEXION AND EXTENSION RANGE



← KNEE FLEXION  
**68°** [65-75]  
KNEE EXTENSION →  
**139°** [145-155]  
TOTAL ROM  
**71°**

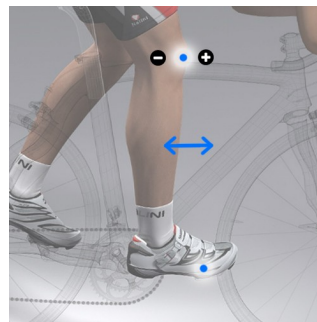


### KNEE TRAJECTORY (Front plane)



ANGLE  
**4°** [65-75]

### KOPS (knee over pedal spindle)



KOPS [crank=90°]  
**-52 mm** [-10/+10]  
Tibial tuberosity: 0 mm

## RIGHT HIP

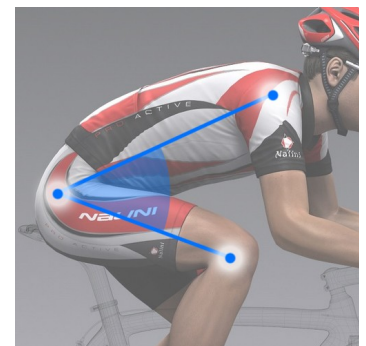


MEAN TROCHANTER-M5 LATERAL DISTANCE  
**-27 mm**  
[\*-\*]



VERTICAL SWING  
**86 mm** [<50]

FORE-AFT SWING  
**379 mm** [<20]







MAXIMUM HIP FLEXION  
**83°**  
[55-65]

## RIGHT ANKLE

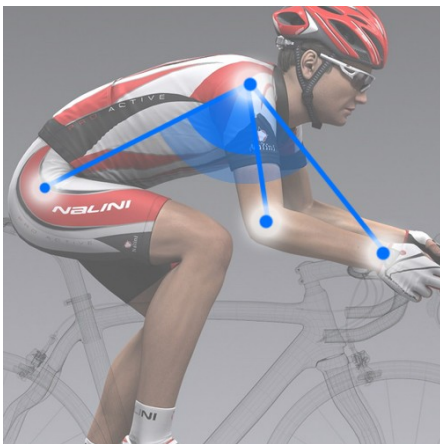
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## ANKLE FLEXION FOR A GIVEN CRANK ANGLE

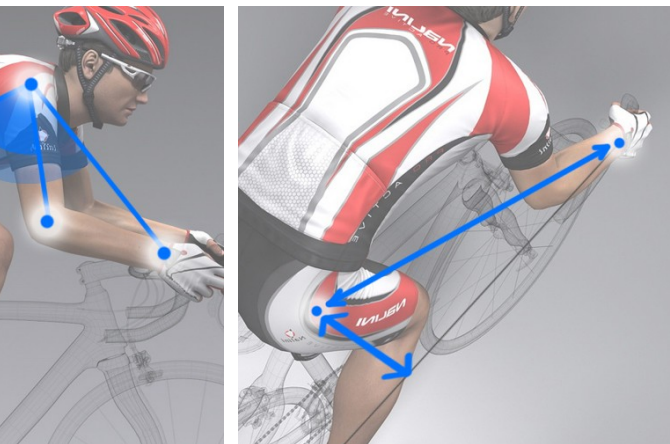
				TOTAL ANKLE ROM <b>18°</b> [ $>20$ ]
CRANK = 0° <b>86°</b>	CRANK = 90° <b>75°</b>	CRANK = 180° <b>88°</b>	CRANK = 270° <b>91°</b>	

## UPPER BODY



SHOULDER ANGLE  
(ELBOW)

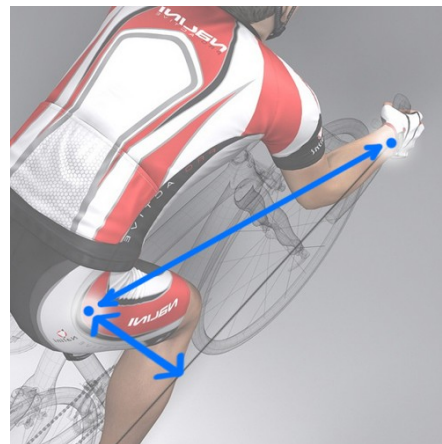
**65°**



SHOULDER ANGLE  
(WRIST)

**65°**

[80-90]

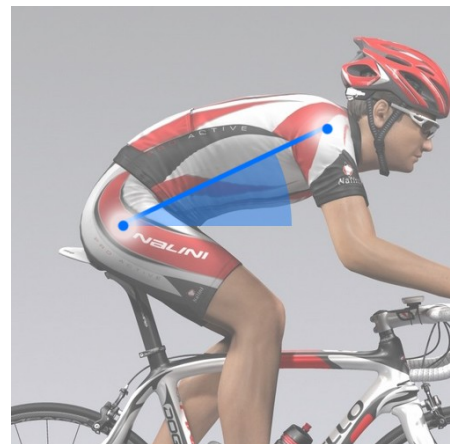


MEAN LATERAL DISTANCE  
TROCHANTER-WRIST

**-8 mm**

DIRECT DISTANCE TROCHANTER-  
WRIST

**617 mm**



MEAN TRUNK TILT

**44°**

[40-50]

## NOTES