



The UPMC Advantage

UPMC Sports Medicine Cycling Performance can help you get the most from your ride, whether it's on the road or on the trail. Improved performance can help you work toward riding longer and faster while preventing or managing a cycling-related injury. Our experts offer some of the latest physiologic testing services available, treatment and management of cycling-related injuries, technical consultation, and injury prevention techniques.



Contact Us

To make an appointment with the UPMC Sports Medicine Cycling Performance program, email CyclingPerformance@upmc.edu or call **724-720-3047**. Email is preferred.



UPMC Lemieux Sports Complex
8000 Cranberry Springs Drive
Cranberry Township, PA 16066

For more information about our Cycling Performance Program, please visit UPMCSportsMedicine.com.

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UPMC Sports Medicine

Cycling Performance





Comprehensive Cycling Services

To treat cycling injuries effectively and prevent future injuries, UPMC Sports Medicine experts offer a medically based program that assesses equipment, cycling mechanics, and proper bike fit.

Bike-fit assessments include:

- Comprehensive, clinical approach that includes both physical and mechanical variables related to injury
- Compilation of documented fit recommendations
- Focus on medical management — applicable for both prevention and performance
- Unbiased, clinically based approach that includes musculoskeletal considerations involving injury management and prevention
- Cycling-specific musculoskeletal assessment
- Cycling-related injury assessment, treatment, and rehabilitation recommendations

Physiologic assessment services available:

- Performance testing to determine peak power
- Body composition analyses

As part of UPMC Sports Medicine, our Cycling Performance program is backed by the expertise of physicians from the UPMC Department of Orthopaedic Surgery. We believe in a comprehensive approach to your health, fitness, and performance, and collaborate with other experts to offer you access to specialized programs, including sports nutrition, physical therapy, concussion management, sports performance, and sports massage.

Pricing

Rail-Trail Fit

Our beginner-level fit is designed for the cyclist looking for an injury-free ride in proper biomechanical positioning.

Price: \$100 | **Time:** 75 to 90 minutes

Enthusiast Fit

This level of fit is designed for any rider looking to achieve more power, control, comfort, and efficiency, whether it be the serious road rider, the weekend century rider, the club racer, the cyclocross racer, the endurance mountain biker, or the XC mountain biker. If you are looking for better management of a cycling-related injury or an issue limiting your enjoyment of cycling this is the package for you.

Price: \$175 | **Time:** 1.5 to 2 hours

Triathlon/Time Trial Fit

When seconds count, or the bike is only one-third of your race, this is the fit for you. We specialize in helping you to become more comfortable, powerful, and fast in a safe, injury-prevention approach. The rider and the bike have to work together, and adjusting the bike to fit you is our main priority. We also can consult on aero helmets.

Price: \$200 | **Time:** 2 hours plus

Video Analysis

Video analysis enables us to measure critical angles at various points in the pedaling stroke and study various biomechanical anomalies. This innovative tool can improve cycling posture and pedaling mechanics to produce more power, while enhancing comfort and safety.

Price: \$250

The cost for additional bikes can range from \$35 to \$75 each, depending on complexity and time.



Cycling Expert

Matt Tinkey, MS, ATC, PES

Matt is a certified athletic trainer and an expert in all things cycling. He has more than 15 years of experience in helping cyclists manage and prevent injuries by

making sure they are properly fitted and free from any biomechanical issues. Matt is also an avid competitive and recreational cyclist, competing in numerous local and regional events.



Our Commitment to Cycling

UPMC Sports Medicine Cycling Performance provides sponsorship for the following:

- Freddie Fu Cycling Team
- UPMC Cycling Performance Team
- BikePGH
- Open Streets Pittsburgh
- Pedal Pittsburgh
- Flat Tire Racing Team