

# BRIAN DALLAS

2023-08-03 12:48

## RIDER

Brian Dallas

Age: 58



## SITE

## FITTER



## BIKE

**MAKE/MODEL:** Focus, Milrem Pro

**SIZE:** 58

**YEAR:** 2008

**TYPE:** Road

## SUMMARY OF SESSION

Brian,

Today we dialed in your cleat positioning and stance width. We also got you on a different saddle and adjusted the fore and aft to a nice KFOS position.

For bars, we raised the stem 5mm and leveled out the hoods. You can probably go out to a 120mm after some training is done. Your body will let you know its ready by manifesting itself into bent elbows when on the hoods.

# ASSESSMENT REPORT

## CONCERNS & PREVIOUS INJURIES

**NECK:** -  
**SHOULDERS:** -  
**MID-BACK:** -  
**LOW-BACK:** -  
**LLD:** -  
**HIPS:** -  
**KNEES:** Knee Surgery 1999 - ACL - Left Fit  
**ANKLES:** -  
**FEET:** -  
**ORTHOTICS:** -  
**HANDS:** Saffoid  
**MISC:** -

## EXPERIENCE

**CYCLING BACKGROUND:** CX. MTB  
**RIDING STYLE:**  
**HOURS PER WEEK:** 10-15  
**OTHER ACTIVITIES:** Walking  
**GOALS:** Bike fit optimization, Planning on training.  
**CYCLING DISCOMFORT:** Hand Numbness, Toe numbness, Minor saddle comfirt  
**OCCUPATION:** Tech sales Rep  
**NOTES:** -

## ISCHIAL TUBEROSITY MEASUREMENT

**ISCHIAL TUBEROSITY WIDTH:** 125

| FEET                          | LEFT                | RIGHT            |
|-------------------------------|---------------------|------------------|
| <b>FOREFOOT ANGULATION:</b>   | VARUS, MILD         | VARUS, MODERATE  |
| -                             |                     |                  |
| <b>REAR FOOT STRUCTURE:</b>   | VALGUS, MILD        | VALGUS, MODERATE |
| <b>ARCH:</b>                  |                     |                  |
| -                             |                     |                  |
| <b>ANKLE DORSI FLEXION:</b>   | FULL ROM, SYMMETRIC |                  |
| <b>ANKLE PLANTAR FLEXION:</b> | FULL ROM, SYMMETRIC |                  |
| -                             |                     |                  |

| LEGS                                      | LEFT        | RIGHT       |
|---|-------------|-------------|
| <b>LOWER EXTREMITY ALIGNMENT:</b>         |             |             |
| <b>LOWER EXTREMITY ALIGNMENT 2:</b>       |             |             |
| <b>HAMSTRING FLEXIBILITY:</b>             | FULL ROM    | FULL ROM    |
| <b>HAMSTRING FLEXIBILITY MEASUREMENT:</b> | 55          | 60          |
| <b>HIP ROM:</b>                           | LIMITED ROM | LIMITED ROM |
| <b>HIP ROM MEASUREMENT:</b>               | 95          | 90          |
| -   |             |             |
| <b>LLD RESULT:</b>                        |             |             |
| <b>TIBIAL PLATEAU COMPARISON:</b>         |             |             |
| <b>IT BAND:</b>                           |             |             |

| LEGS CONTINUED            | LEFT             | RIGHT            |
|---------------------------|------------------|------------------|
| 1/3 KNEE BEND HIP:        | UNSTABLE         | STABLE           |
| 1/3 KNEE BEND KNEE:       | VALGUS, MODERATE | VALGUS, MODERATE |
| 1/3 KNEE BEND FOOT:       | UNSTABLE         | STABLE           |
| -                         |                  |                  |
| QUAD:                     |                  |                  |
| HIP FLEXOR:               |                  |                  |
| Q-ANGLE:                  |                  |                  |
| PASSIVE HIP ROTATION ROM: |                  |                  |
| ACTIVE HIP ROTATION ROM:  |                  |                  |

| UPPER BODY                                   |
|--|
| FORWARD SPINAL FLEXION: MODERATE LIMITATIONS |
| SPINAL ALIGNMENT: NEUTRAL                    |
| SPINAL CURVE:                                |
| SHOULDER ROM:                                |
| SCAPULAR POSITION:                           |
| CERVICAL FLEXION ROM:                        |
| CERVICAL EXTENSION ROM:                      |
| LEVEL PELVIS: NEUTRAL                        |
| -  |
| CERVICAL ROTATION ROM: LEFT: RIGHT:          |

THIS BIKE FIT PERFORMED USING THE **RETÜL** SYSTEM

# ZIN REPORT: FINISHING

2008, 58 - Focus, Milrem Pro (Road)

Notes:

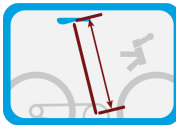
## COMPONENTS

| STEM          | SPACER STACK | CRANK LENGTH | PEDALS     | SADDLE                | BARS              |
|---------------|--------------|--------------|------------|-----------------------|-------------------|
| -6 ° x 110 mm | 35 mm        | 175 mm       | crank bros | SPecialized Power 155 | Easton EC70 AX 44 |

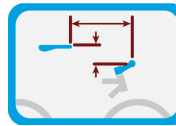
## SHOE SETUP

| SHOES | FOOTBEDS | WEDGES | CLEAT ROTATION | STANCE WIDTH |
|-------|----------|--------|----------------|--------------|
| Lake  |          |        |                |              |

## MEASUREMENTS & ANGLES



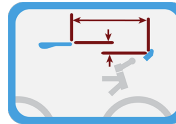
Saddle Height: 768 mm  
BB to center of saddle profile



Handlebar Reach: 573 mm  
tip of saddle horiz to bar top



Saddle Setback: -80 mm  
BB horiz to front tip of saddle grip, - denotes saddle behind BB



Grip Reach: 683 mm  
tip of saddle horiz to trough of grip



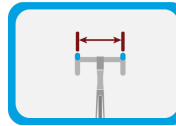
Saddle Angle: -3 °  
angle of saddle to horizon grip, - denotes nose down



Bar Reach: 47 mm  
center of bar to back end of grip



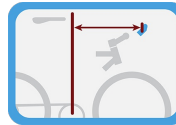
Eff. Seat Tube Angle: 78 °  
BB to center of saddle profile



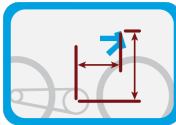
Grip Width: 438 mm  
grip center to center



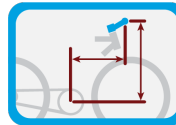
Grip Angle: 20 °  
angle to horizon + denotes front end up



BB to Grip Reach: 603 mm  
BB to trough of grip



Frame Stack: 576 mm  
Frame Reach: 404 mm  
BB to center of headtube top



Handlebar Stack: 668 mm  
Handlebar Reach: 493 mm  
BB to center of bar

THIS BIKE FIT PERFORMED USING THE **RETUL** SYSTEM

# ZIN REPORT: STARTING

2008, 58 - Focus, Milrem Pro (Road)

Notes:

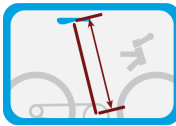
## COMPONENTS

| STEM         | SPACER STACK | CRANK LENGTH | PEDALS        | SADDLE             | BARS              |
|--------------|--------------|--------------|---------------|--------------------|-------------------|
| 6 ° x 110 mm | 30 mm        | 175 mm       | Crank Brother | Brooks Cambium C17 | Easton EC70 AX 44 |

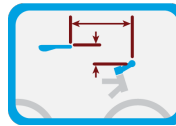
## SHOE SETUP

| SHOES | FOOTBEDS | WEDGES | CLEAT ROTATION | STANCE WIDTH |
|-------|----------|--------|----------------|--------------|
| -     | -        | -      | -              | -            |

## MEASUREMENTS & ANGLES



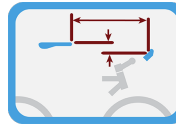
Saddle Height: 766 mm  
BB to center of saddle profile



Handlebar Reach: 539 mm  
tip of saddle horiz to bar top  
  
Handlebar Drop: -78 mm  
cen of saddle profile to bar top grip, - denotes bar below saddle



Saddle Setback: -42 mm  
BB horiz to front tip of saddle grip, - denotes saddle behind BB



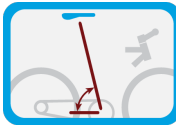
Grip Reach: 638 mm  
tip of saddle horiz to trough of grip  
  
Grip Drop: -29 mm  
cen of saddle to trough of grip, - denotes grip lower



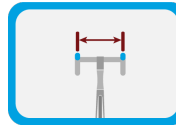
Saddle Angle: 4 °  
angle of saddle to horizon grip, - denotes nose down



Bar Reach: 37 mm  
center of bar to back end of grip



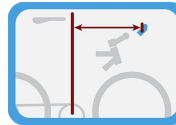
Eff. Seat Tube Angle: 80 °  
BB to center of saddle profile



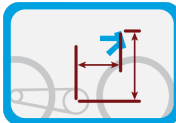
Grip Width: 433 mm  
grip center to center



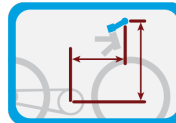
Grip Angle: 33 °  
angle to horizon + denotes front end up



BB to Grip Reach: 595 mm  
BB to trough of grip



Frame Stack: 577 mm  
Frame Reach: 404 mm  
BB to center of headtube top



Handlebar Stack: 660 mm  
Handlebar Reach: 497 mm  
BB to center of bar

THIS BIKE FIT PERFORMED USING THE **RETUL** SYSTEM