

Rebecca Iden, PT, DPT
Certified Silver BikePT Pro
USA Cycling Coach Level 3

Rebecca received her undergraduate degree from Grove City College in Pennsylvania and her Doctorate in Physical Therapy from Eastern Washington University in Spokane, WA. She interned in Wyoming, Washington, and Oregon in pursuit of her doctoral degree, all while trying to keep two wheels on the ground.



Rebecca has dabbled in many forms of cycling and racing from 24 hour mountain bike races to the occasional cyclocross and road race. Her true passion is mountain biking and exploring the beautiful trails that Southern Oregon has to offer. She also helps build mountain bike trails in the Rogue Valley.



www.jc-pt.com

Mission

Jackson County Physical Therapy is committed to supporting you on your return to optimal health and well-being.

Vision

Jackson County Physical Therapy aspires to improve the quality of life for our patients by creating an environment that promotes wellness. We are committed to providing an experienced, caring staff dedicated to learning, teaching and personal development. We strive for a safe and confidential setting with unparalleled individualized care. We will listen compassionately to your concerns and consistently provide our services with integrity.

ASHLAND

370 E. Hersey St.
Ashland, OR 97520
541-482-6360

EAGLE POINT

158 W. Main St.
Eagle Point, OR 97524
541-830-0914

EAST MEDFORD

709 N. Phoenix Rd.
Medford, OR 97504
541-630-3055

CENTRAL MEDFORD

36 Hawthorne St.
Medford, OR 97504
541-776-2333

PHOENIX

242 N. Phoenix Rd
Phoenix, OR 97535
541-512-0757

www.jc-pt.com



Bike Fit

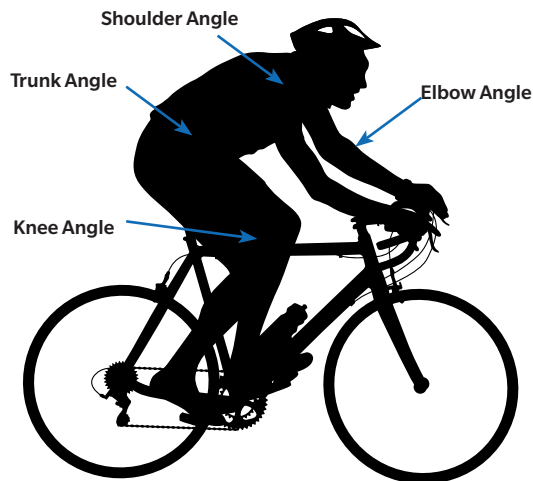


**JACKSON
COUNTY
PHYSICAL
THERAPY, LLC**

Heal Your Body. Strengthen Your Life.™

The Importance of Proper Bike Fit:

Cyclists often spend many hours on a bike in a relatively fixed position. They interface with the bike at the handlebars, saddle, and pedals, and the position of each of these contact points affects riding position and comfort. An ill-fitting bike will predispose the cyclist to overuse injuries, decrease comfort while riding, and decrease efficiency. Physical therapists consider your individual physical build and other factors that could lead to injury, along with your bicycle specifications.



Typical Cycling Injuries:

- Knee pain
- Neck and shoulder pain
- Low back pain
- Discomfort from saddle pressure
- Numbness in hands or arms
- Traumatic injuries from falls and crashes (collarbone fracture)



What to Expect:

- Physical examination for flexibility and muscular or structural imbalances
- Dynamic evaluation on the bicycle
- Adjustments as needed to bicycle, shoes or cleats, riding technique, and exercises to address any muscular or skeletal dysfunction

What to Bring to Your Appointment:

- Primary bicycle
- Primary cycling shoes
- Your normal riding shorts

Whether racing, training for your first century, commuting, or simply riding for pleasure, a properly-fitting bicycle will help you achieve your goals!



Insurance may cover bike fitting in certain circumstances. Please call our clinic for further details.

We fit all types of bikes including road,



triathlon, cyclocross, and mountain. If you have any questions about your bicycle and how a bike fit may benefit you, give us a call!