



TRAINER TROUBLES?

ABOUT THE EVENT:

It's not uncommon to have difficulties while using a trainer indoors. We're here to help you through some of these common issues:

- New or worsening aches and pains
- Numbness or tingling in your hands or feet
- Decrease in performance
- Difficulty getting trainer set up and system connected

Join Anna Perry, PT, DPT, OCS and Thomas Davis from BikeWorld to learn more about getting properly set up on a trainer to avoid unnecessary pain and frustration.

LOCATION INFORMATION:

- When: Tuesday, January 31
- Time: 6-8pm
- Where: Rock Valley Physical Therapy
1705 N Ankeny Blvd, Ste A. Ankeny, IA
50023
- RSVP: ankeny.fo@rockvalleypt.com
- Cost: Free

If you have questions please reach out to:
Anna Perry - anna.perry@rockvalleypt.com
or call (515) 964-2559.

LEARN MORE ABOUT
ROCK VALLEY HERE:

