**Cyclists Evaluation Form**

Please circle or underline the most appropriate response for each statement:

**Feedback for the Bike Fit and Knee Pain in Cyclists Handout (by Morven Ross)**

1. The handout increased my understanding of the importance of an individualized bike fit.

(Strongly Agree, Agree, Neutral, Disagree)

1. The handout increased my understanding of the relationship of bike fit to knee pain.

(Strongly Agree, Agree, Neutral, Disagree)

1. The handout increased my knowledge of the different components of bike fit that can impact knee pain and injury.

(Strongly Agree, Agree, Neutral, Disagree)

1. The handout increased my understanding of the different bike fit modifications that can be made to manage and prevent knee pain.

(Strongly Agree, Agree, Neutral, Disagree)

1. Overall, the handout was easy to follow and understand and was appropriate in length and content.

(Strongly Agree, Agree, Neutral, Disagree)

1. Overall, I found the handout to be beneficial.

(Strongly Agree, Agree, Neutral, Disagree)

1. Please provide any additional comments you may have regarding the handout such as areas to improve, things that were beneficial, things that were confusing, information you would like to see included in the future.