

Adaptive Biking

The Cooke PT Department



Summer is a great time to get outside and take a bike ride!

There are several adaptive tricycles that might meet your child's needs including buddy bikes if you choose to ride together!



Some strategies to improve the stability of your child's position on a bike include:

- * a larger seat saddle on the bike**
- * a modified seat which includes back or chest supports**
- * a waist strap to prevent tipping or side falls**
- * an adult assistant to provide a visual or tactile prompt to guide vertical positioning on the bike**
- * the use of a recumbent bike (where the child sits in the horizontal plane and may pedal with their feet or hands, depending on their skills)**
- * use of foot straps or blocks to maintain foot positioning on the pedals**
- * use of hand positioning straps to maintain positioning on the handle loop**
- * use a balance bike or a ride on toy for younger children not ready for pedals**

Adaptive Bike Options

Click below:

[Friendship Circle Article on Adaptive Bikes](#)

The Rifton Bike- is the brand and style that students use at Cooke



RIDING TIPS

Once a student has a stable position on equipment designed for their needs, they are more likely to actively propel themselves to the best of their abilities.

Try to give enough wait time to allow the child to extend into the pedaling effort assisting them to link the pedaling rotation if they need help. Give assistance to hold the handle bar to focus on pedaling or utilize a hand positioning strap. Even if the movement is provided for the child, they still benefit from the passive range of motion, challenges to their head and trunk control, and enjoyment of movement.

Remember that for some children, the effort of propelling a bike will be extremely taxing. They may fatigue quickly and may only be able to produce the force needed to move the bike for a short time. This can be compensated for by having an adult guide the bike and apply some forwards force, limiting the time spent riding, or combining bike riding with a less physically demanding task (such as bike riding to a local park for a picnic).

How to Fit a Bike Helmet



Scooters and Ride on Toys

These riding toys help your child to build balance, core strength and coordination in addition to providing the joy of movement.

Website with scooter recommendations for ages and stages:

<https://www.kidsridez.com/kids-scooters-the-ultimate-guide/>

Adaptive Riding Toy Options

This link on Pinterest provides a great resource to see the variety of riding toys, for all ages and stages, that are commercially available.

<https://www.pinterest.com/annacardosa/adaptive-riding-toys/>

Balance or Strider Bikes

Balance bikes don't have any pedals, so kids only have to focus on one thing – **balancing**. This makes the learning process a whole lot easier for them. **Balance bikes** also let kids use their feet to stop, steer and turn around, giving them more control, as well as the confidence to keep riding. Below are some links explaining the advantages of balance bikes, a guide for purchasing and a video for instruction.

[6 reasons Balance bikes are great for kids](#)

[Balance Bikes explained](#)

[Balance Bike Video](#)

[How to convert a regular bike into a balance bike](#)



Videos of adaptive biking

Modifications to a tricycle-click

Joy of Riding-click



MORE ADAPTIVE BIKING OPTIONS and ACCESSORIES

Amtryke bikes:

[Amtryke Bike and Accessory Catalog](#)

Fat Wheels- Large training wheels

Contact Information to
purchase Fat Wheels

Colleen Berlingieri
Big Harvest Distributing
LLC
Home of FATWHEELS.com

1116 Dewey Street
Plymouth, MI 48170

P - 734-414-1999
F - 734-344-5492

colleen@fatwheels.com



Adaptive Biking Funding Sources

[The Great Bike
Giveaway](#)-FRIENDSHIP
CIRCLE

Local Charitable organizations like:
The Elks, Lions, Rotary, AlHambra, & K of C

[Children with Special Needs Fund](#)

The Children with Special Needs Fund provides support for children under 21 in Michigan with special health care needs not available through any other funding source. The Fund helps with the purchase of equipment and services that promote optimal health, mobility, and development, enhancing the lives of children and their families.



Where will your bike ride take you?