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### Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

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date Produced :June 2014

Bromley Healthcare Community Interest Company Ltd  
Company no: 06815987 Registered in England  
Registered office: Global House, 10 Station Approach, Hayes, Kent BR2 7EH

**Bromley  
Healthcare**  
better together

# What sort of bike would suit your needs?

Adapted  
cycling for  
people with  
disabilities or  
healthcare  
needs



Working with



# Bicycling is for all kids .... All ages!

Children and adults with disabilities or healthcare needs can benefit considerably from the opportunity to cycle.

Cycling can be fun to do with friends and family. At the same time it can improve fitness, physical strength and co-ordination.

If you would like to develop a healthy lifestyle that includes cycling you can discuss this with your healthcare professional. They will be able to offer you advice and support.

Everyone of all ages and abilities can enjoy the bicycling experience.

Some children and adults with disabilities or healthcare needs may not be able to use conventional bikes. There are different models of adapted bikes that are commercially available, these can be adapted to a variety of needs.

## Bicycle safety is for everyone

Before anyone ever rides a bike, it is important to take the time to teach and learn the basics of bike safety, operation, and maintenance.

Regardless of a person's ability, the basic guidelines for bike safety remains the same for all riders.

- Always wear a helmet
- Know the rules of the road
- Be seen and heard
- Prepare for safe bike rides
- Learn basic bike maintenance

# Types of adapted three wheel bikes

## Foot driven

Foot driven cycles resemble a standard tricycle that is modified to meet special needs. The three wheeled styling offers a wider base of support to allow increased independence for those who have issues with balance. They are suitable for children and adults with a wide range of physical problems from mild balance problems to more severe disabilities.

*Optional accessories:* A front hand brake for safety, trunk and hip supports, a fixed position wheel and foot saddle attachments to the pedals which helps the peddling action, an abductor support to help with scissoring of the legs, along with numerous other accessories to aid in proper positioning and safe riding.

## Hand driven

Like the foot driven cycle, the hand driven cycle also provides a wider base of support for increased stability. The hand driven cycle would be ideal for those with poor balance, reduced leg strength, incomplete para or tetraplegia, hemiplegia, generalized muscle weakness, amputation, or back pain. Multiple accessories are available including various seating options for increased stability and comfort.

## Tandem

Tandem, or two person models, are available for those riders who would prefer to ride with another person rather than be totally on their own. Several different designs include side by side tandems, front and back tandems that are versatile so that the rider with a disability may ride in either position, and a wheelchair based tandem where the bicycle attaches to the rear and pushes a wheelchair. In some models the wheelchair is detachable to allow for participation in other activities. Certain tandem bikes allow for there to be a passive rider who can sit back and enjoy the experience of riding without the physical exertion involved.

## Recumbent

Places the rider in a reclined seating position. Recumbent bikes are usually foot driven and allow for a more comfortable ride. They can also come in short, medium or long wheel bases in order to adapt to the needs of the rider.

## Prone

Prone positioning cycles place the rider in a forward leaning posture with their legs behind them in relation to the midline. This is recommended for those with high extensor tone and/or poor head and trunk control.