



Biking

Camp No Limits

Camper Information:

(Name/Age/Date) _____

Handling the bike

- Pick up bike from ground and lay it back down (both sides)
- Walk around bike while balancing it upright (both directions)
- Lift and lower kickstand (using either foot)

Balance-Glide-Steer (No pedals, seat lowered)

- Mount bike from both sides
- Seated - shift weight from foot to foot
- Seated - maintain posture with one foot elevated, repeat both sides
- Seated stationary push/pull through handle bars (as if turning L and R), both feet down
- Seated - "walk" bike 20 steps
- Take 3 steps and glide 50 feet - straight
- Turn while gliding (left and right)

Pedals-Riding (seat adjusted for a bend of 10-15 degrees at knee when foot is in downstroke)

- Able to place pedal in start position for push off
- Able to use hand/foot brake
- Push off and glide (one foot on pedal in start position)
- Push off and pedal both feet (50 feet- straight)
- Controlled stop using brakes, then put foot down to balance

Steering

- Push off and pedal in a large circle-clockwise and counterclockwise
- Pedal bike steering through cones
- Pedal bike in smaller circles

Skills

- Biking up and down inclines
- Biking on uneven terrain
- Start and stop on inclines
- Pedal standing up
- One foot mount, both sides

Points to remember:

Riders with LE prosthetics: a) Keep knees in towards midline, if the knees flare out, the heel will hit the crank and pop off of the pedal. b) Always keep downward pressure throughout the rotation of the pedal

Riders with below the knee prosthetics: the seat height may have to be elevated to allow more room for knee flexion at the top of the pedal rotation

Riders with UE differences: some choose to use a terminal device adaptation, while others prefer not to. Discuss safety with controlled and not controlled dismounting (quick release from handlebars). Discuss symmetry based on UE limb length and options for improved steering control, balance and posture.

