

## Tips on finding the right adaptive cycle

There are a lot of different styles of adaptive cycles and options to address the needs of the rider. Some examples of adaptive cycles include:

- Handcycles for individuals with limited leg movement
- Three- and four-wheel cycles for those who need more stability
- Tandem or side by side cycles for individuals who want or need a guide while riding
- Recumbent style cycles for those who want trunk support
- Adaptive mountain bikes
- Standard cycles, adapted through assistance by caregiver

1. When looking for a bike, online research can be a great way to review styles and options. But we strongly suggest trying it out first if possible. Where can you do this? [Outdoors for All Foundation](#) is a Seattle-based non-profit that has one of the nation's largest fleets of adaptive cycles. They can arrange for you to visit their Adaptive Cycle Center and try out OR rent for a day in Magnuson Park (near Seattle Children's Hospital.)

2. If you are looking for a cycle for a child who attends public school and has an IEP with related services, talk to your child's teacher about trying out an adaptive bike at school. School-based physical therapists, occupational therapists, or PE teachers may be able to help with this process. Not all schools have the resources to provide a bike for every student, but it is worth asking about. Adaptive cycling may enhance participation and inclusion in some school events. It is a wonderful life skill and can promote lifelong health/fitness and social engagement.

3. Physical and occupational therapists may be able to guide you in researching and choosing the right cycle. These professionals can help assess your body structure, function, strength, and family/caregiver support system to help you choose the right bike for your specific situation.

4. Recreation Therapists may have additional training and certification in adaptive cycling. A **Certified Adaptive Recreation & Sports Specialist (CARSS)** may be able to help advise you.