

LLTS: Resources for Bikes from OT and PT:

Durable Medical Equipment provider that carries some adaptive bikes for demo: Reliable Medical (Rifton and Freedom concepts). Other DME providers do not have demos.

Best if you can try an adaptive bike before purchasing.

Resources:

Courage Kenny has a program for people to try bikes. IF the bike works then the person can use it until he/she is able to get one. <https://www.theledger.com/story/lifestyle/health-fitness/2018/08/07/adaptive-cycling-helps-people-with-disabilities-learn-to-ride/6532204007/>



### [Adaptive cycling helps people with disabilities learn to ride](https://www.theledger.com/story/lifestyle/health-fitness/2018/08/07/adaptive-cycling-helps-people-with-disabilities-learn-to-ride/6532204007/)

TWIN CITIES, Minn. — Matthew Williams was snowboarding down Hyland Hills slopes when he overshot a jump, fell and severed his spinal cord. In the seven years after the injury that left his legs par...  
[www.theledger.com](http://www.theledger.com)

Gillette has a program too

<https://www.gillettechildrens.org/your-visit/patient-education/adapted-bikes-trikes-and-hand-cycles-be-fit-and-have-fun>

### [Adapted Bikes, Trikes and Hand Cycles - Gillette Children's](https://www.gillettechildrens.org/your-visit/patient-education/adapted-bikes-trikes-and-hand-cycles-be-fit-and-have-fun)

Riding an adapted bike, trike or hand cycle is great exercise and a wonderful way to spend time with family and friends. With that in mind, Gillette's certified therapeutic recreation specialists (CTRS) offer therapeutic recreation resource sessions to help families select adapted recreation equipment.

[www.gillettechildrens.org](http://www.gillettechildrens.org)

Another program: <https://www.tcacycling.org/>



[Twin Cities Adaptive Cycling](https://www.tcacycling.org/)

Twin Cities Adaptive Cycling (TCAC) is community based adaptive bike share program for youth & adults with disabilities. TCAC has a fleet of over 30 adaptive bicycles, which we make available for regular use at our location on the Midtown Greenway.

[www.tcacycling.org](https://www.tcacycling.org)

Who benefits: any age, any disability level.

Justification: physical and emotional/mental benefits for exercise, ability to join family/community/peers, musculoskeletal benefits, especially with a person with tone/muscular impairments, and cardiovascular benefits. Sensory input and vestibular input, especially for persons who require wheelchairs or who are dependent for mobility. "Closed chain, non-impact method of exercise with fall risk minimized with seating and stable base of bike/trike."

Additional Referrals/Resources:

1. Courage Center does bike assessment/ bike loans.
2. Minneapolis Adaptive bicycle show in the spring.
3. Gb Kids in Plymouth-can try Hass bikes
4. Gillette Specialty Clinic has adaptive bikes
1. Reliable has Rifton and Freedom concepts bikes
2. Strauss Bikes carry several manufacturers in pediatric and adult sizing.
3. SEMCIL's Assistive Technology Lab- can try Freedom concepts in southern Mn
4. Regular bike shops can be a resource. For example, Cars bike shop carries some 3-wheeled bikes, a tandem bikes and can make a side-by-side bike with a support beam between 2 recumbent bikes.

Manufacturers:

1. Freedom Concepts <https://www.google.com/search?q=freedom+concepts+bikes&og=freedom+concepts+bikes&aqs=chrome..69i57j0i22i30j0i22i30i457j0i22i30.12706j0j7&sourceid=chrome&ie=UTF-8&safe=active&ssui=on>
2. Hass <https://www.hasebikesusa.com>
3. VanRam- different styles of bikes including a wheelchair bike <https://www.vanraam.com/en-gb/advice-inspiration/news/van-raam-special-needs-bikes-to-america>
4. Invacare-hand propelled. [http://www.invacare.com/cgi-bin/imhqprd/inv\\_catalog/prod\\_cat.jsp?s=0&catOID=-536885351](http://www.invacare.com/cgi-bin/imhqprd/inv_catalog/prod_cat.jsp?s=0&catOID=-536885351)



5. Rifton [https://www.especialneeds.com/rifton-adaptive-tricycles.html?ne\\_ppc\\_id=1692551981&gclid=EAlaIQobChMIwduNpdfc9QIVMQV9Ch3p0Aj2EAYASAAEgJBuvD\\_BwE](https://www.especialneeds.com/rifton-adaptive-tricycles.html?ne_ppc_id=1692551981&gclid=EAlaIQobChMIwduNpdfc9QIVMQV9Ch3p0Aj2EAYASAAEgJBuvD_BwE)

Considerations:

Single seat. Side-by-side. Tandem. Hand cycles. Attach to wheelchairs.

Tandem: for someone who cannot pedal consistent distances; always needs another person present due to medical needs or due to being non-verbal/not able to contact help if needed. Person/family may also enjoy tandem as family/shared activity.

Attach to wheelchairs: Good for individuals who require specialized seating.

Repairs: If Reliable provides bike, they will also offer repair services, either in-house or potentially at person's house. Most bike shops can repair/do maintenance on adaptive bikes too. (But you will need to have way to bring bike to them.)

Storage: consider how the bike will be stored when not in use

Transportation: Adaptive bikes are 50#+ and are wider than any average bike. They will take up most of the rear space in a van (seats removed) or need a trailer on rear hitch of vehicle.

Billing issues: Reliable will bill waiver if it is under DD waiver they go to their Waite Park office to bill.

APA Medical; can bill if under CADI waiver.

CDCS may be able to pay for from bike supplier or from manufacturer.