

# DEVICES & MODIFICATIONS

## Direct Drive/Fixed Wheel

A non-reversible modification that allows the bike to be pedaled forwards or backwards. This removes the coaster/free wheel function of the bike.

 **Bike must be a single speed to be converted to Direct Drive!**

## Foot Pods

Attach to existing pedals and allow the user's feet to be strapped in.

## Toe Cages

Attach to pedals to assist in keeping feet on the pedal while allowing freedom to take them out for balance reaction.

## Stability Wheels

Prevents the bike from falling on its side and helps increase the user's balance.

## Parent Handle Bar

An extension to the stability wheel frame that allows parents to help push and control the bike.

## Parent Stick

An additional piece attached below the seat to assist in controlling the bike.  
**Requires 3 inches under seat for installation**

## Lower Back Support Pad

An addition to the stability wheel frame that helps support the user upright.

## Lap Belt

An addition to the stability wheel frame that helps secure the user on the seat and prevent them from sliding forward.

## THINGS TO CONSIDER

**Child and family readiness:** It is important that the child wants to bike.

**Age of the child:** every child develops at different rates. Most children learn how to ride a 2 wheeler between 5-7 years of age. Practice makes perfect!

**Goals of the child/family:** Think about your long term goal. Will you move to a two-wheeler soon? Then training wheels and practice might be best.

Is your child having trouble practicing because of their motor skills? Bike modifications may help.

**Learning how to ride a bike takes work:** It takes several days/hours to learn to ride a bike. Be patient and consistency is key.

**Cost:** Cost of stability wheels at RCC are roughly \$150 without install, not including parent bar or extras. This cost is covered by RCC.

**Other Commercial Options:** Please ask your therapist regarding other over the counter options that may be available.



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# Bike Modification Guide



# BIKE SIZING

Bike/Tire Size	Inseam (Inside Leg)	
10"	10-14"	25-36 cm
12"	13-16"	33-41 cm
14"	16-20"	41-51 cm
16"	18-22"	46-56 cm
18"	20-24"	51-61 cm
20"	22-25"	56-64 cm
24"	24-28"	61-71 cm
26-28"	26" +	66+ cm

## RECOMMENDED

## NOT RECOMMENDED



✓ Single Speed



✗ Multi-Speed



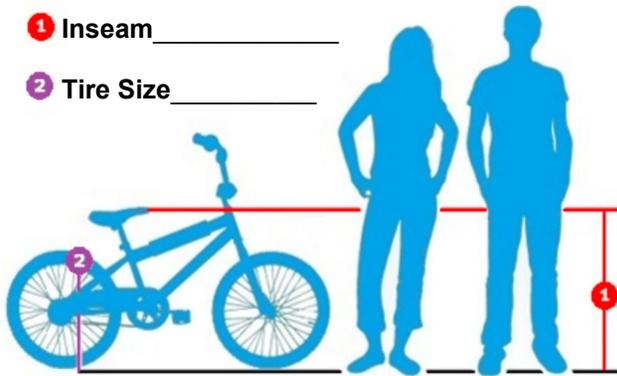
✓ Step-over Frame



✗ Rear Suspension

1 Inseam \_\_\_\_\_

2 Tire Size \_\_\_\_\_



✓ Step-through/Loop Frame



✗ Rear Disc Brake

Note that 24" bike may require a fitting to determine suitability

Bikes 26" and over are not suitable for modifications. We recommend alternatives such as a tricycle.



✓ BMX Frame



✗ Cruiser Diamond Frame