


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.



1155 NotreDame Ave.
Winnipeg, Manitoba R3E 3G1
Phone: (204) 452-4311
Fax: (204) 477-5547
www.sscy.ca



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



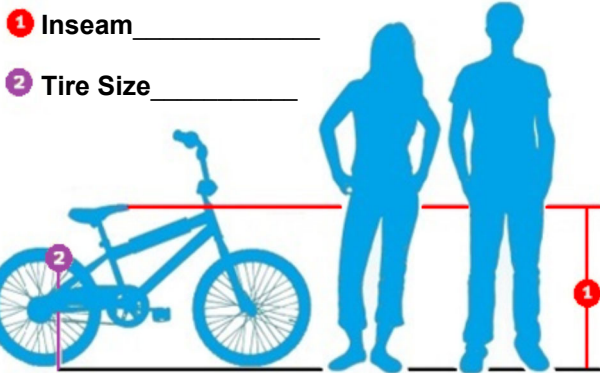
✗ Multi-Speed



✓ Step-over Frame



✗ Rear Suspension



✓ 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