

Available Modifications

Please contact your physiotherapist or occupational therapist regarding appropriate options for your child's needs.

Direct Drive/Fixed Wheel

- When the wheel moves the pedal moves
- Cannot backpedal brake with this modification
- The modification is non-reversible

Footpods

- Securely straps the feet to the foot pedal
- Child cannot free feet independently if bike tips

Toe Cages

- Assists with keeping the feet on the pedal
- Child can free feet independently

Stability Wheels

- Larger training wheels

Attendant Handle/Attendant Stick

- Allows for caregiver to help push or control the bike
- Parent Handlebar is an extension of the stability wheels
- Parent Stick mounts under the seat
 - Requires 2 inches under the seat to install

Lower Back Support Pads

- Gives feedback to the child to help with trunk control
- Attaches to stability wheel frame

Balance Bike

Things to Consider

Child and family readiness:

It is important the child wants the to bike.

Age:

Every child develops at a different rate. Most children learn how to ride a bike between 5-7 years old. Practice makes perfect!

Learning how to ride a bike takes work:


It takes several hours/days to learn to ride a bike. Be patient, consistency is key.


Cost:

Cost of modifications are covered by the Children's Rehabilitation Foundation. Only one bike will be modified per season.

Other commercial options:

Please ask your therapist regarding other commercial options that may be available.

 204-258-6661

 1155 Notre Dame Avenue
Winnipeg, MB. R3E 3G1

 www.rccinc.ca

BIKE MODIFICATION GUIDE

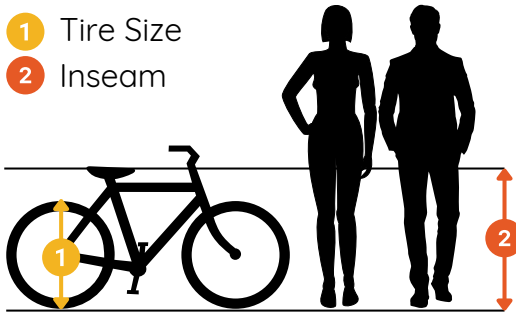


 **Rehabilitation
Centre for
Children**

Bike Sizing

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

- 1 Tire Size
- 2 Inseam



NOTE:

- 24" bikes may require a fitting for safe use.
- 26" bikes **will not** be modified for stability wheels. Please connect with your therapist for other options.

Recommended



SINGLE SPEED



STEP-OVER FRAME



STEP-THROUGH/LOOP FRAME

NOT Recommended



MULTI-SPEED



REAR SUSPENSION



REAR DISC BRAKE



CRUISER DIAMOND FRAME