

Handout for the Therapro webinar
Breaking Down Bike Riding Skills through the lens of a PT and OT
 presented by Jessica Hanna, MS, OTR/L and Maria Pinkham, PT, DPT - June 7, 2022

Bike Skills Evaluation Check List

Child's Name: _____ Date: _____ Therapist: _____

Type of Bike:

Wheels: 2 wheeled Balance bike

Accessories: Regular seat Large seat/tractor seat Foot strap Toe clips

Bike skills	Easy (3) No help or adaptations	A little Hard (2) (↑effort/extra time/ verbal cues)	Hard (1) (Needs physical and verbal assistance)	Unable (0)
1. Able to put a helmet on.				
2. Able to put kickstand up and down while holding bike up.				
3. Able to hold both handlebars and push bike in a straight line while walking beside it.				
4. Able to lift bike up from the ground (bike lying on its side).				
5. Able to mount bike (Placing both hands on handlebars and brakes if necessary)				
6. Able to dismount (Keeping both hands on the handlebars)				
7. Able to reach and squeeze handbrakes while in a stationary position to keep wheels from moving.				
8. Able to stop bike using handbrake (walking beside it) with a prompt verbal command.				
9. Sits on <u>2 wheeled bike</u> with feet on ground while stationary and maintains balance > 20 seconds.				
10. Able to scoot on bike sitting on the saddle, not standing up, taking 'walking steps'.				
11. Able to scoot on bike, lifting 2 feet together, to balance briefly				
12. Able to scoot on bike, lifting 2 feet together, gaining speed by tapping one or other foot to the ground.				
13. Pedals <u>2 wheeled bike</u> over level surface 3 meters (10 feet)				



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15. Steers <u>2 wheeled bike</u> around 3 cones placed 8 feet apart				
16. Steers <u>2 wheeled bike</u> around 6 cones placed 5 feet apart				
17. Able to prepare pedal position to be able to push off.				
18. Starts pedaling <u>2 wheeled bike</u> from a stopped position				
19. Uses brakes to stop <u>2 wheeled bike</u> in a short distance without skidding when a stop sign is presented				
20. Pedals <u>2 wheeled</u> bike up a slight incline distance of 20 feet				
21. On <u>2 wheeled</u> bike, goes down slight decline controlling speed				
22. Pedals over grass level surface 20 meters on <u>2 wheeled</u> bike				
Total Score				
Final Score				

Information is compiled: Maria Fragala-Pinkham, PT, DPT, DSc, and Jessica Hanna, MOT, OTR/L 6/22