

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 Checklist – 3 Wheeled Bike

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

Type of Bike: hand cycle foot cycle combination hand and foot
Wheels: ___fat wheels ___wheel stabilizers tricycle
Brand: Amtryke Rifton Schwinn Portotrike Freedom Concepts Other: _____
Accessories: Small seat back Large seat back Trunk laterals Chest harness Head rest Regular seat
 Large seat/tractor seat Seat belt Foot straps Toe clips Hand straps Other (specify) _____

| 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 hold both handlebars and push the bike in a straight line while walking beside it. | | | | |
| 3. Able to mount bike (Placing both hands on handlebars). | | | | |
| 4. Able to dismount (Keeping both hands on the handlebars). | | | | |
| 5. Able to reach and keep hands on handlebars while in a stationary position >20 seconds | | | | |
| 6. Able to reach and keep hands on handlebars while the bike is in motion. (adaptations- hand strap) | | | | |
| 7. Sits on <u>3 wheeled bike</u> with feet on pedals while stationary and maintains balance > 20 seconds | | | | |
| 8. Sits on <u>3 wheeled</u> bike with feet on pedals and maintains balance while adult moves bike (adaptations – foot straps or toe clips). | | | | |
| 9. Starts pedaling a 3wheeled bike from a stop position. | | | | |

Bike Skills Evaluation Checklist – 3 Wheeled Bike

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|--|--|--|--|--|
| 10. Pedals <u>3 wheeled</u> bike over level surface 3 meters (10 feet). | | | | |
| 11. Pedals <u>3 wheeled</u> bike 25 meters (75 feet) within 3-foot-wide path. | | | | |
| 12. Steers <u>3 wheeled</u> bike around 3 cones placed 8 feet apart. | | | | |
| 13. Steers <u>3 wheeled</u> bike around 6 cones placed 5 feet apart. | | | | |
| 14. Uses brakes to stop <u>3 wheeled</u> bike in short distance when stop sign is presented. | | | | |
| 15. Pedals <u>3 wheeled bike</u> up slight incline. | | | | |
| 16. Goes down slight decline controlling speed on <u>3 wheeled</u> bike. | | | | |
| 17. Pedals <u>3 wheeled</u> bike over grass level surface 20 meters. | | | | |
| Total Score | | | | |
| Final Score | | | | |

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