

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 28

Ride a bike — For kids with limb differences!

Discover the joy of cycling with these activities.

Option 1: Practice balancing on flat surfaces or use a balance bike.

Option 2: Start with short rides, focusing on smooth pedalling. Use adaptive pedals or straps to secure prosthetic feet.

Option 3: Set up a course with cones to improve control.

Option 4: Ride with friends or family for encouragement.

Adaptations:

Upper Limb Difference: Children with upper limb differences can wear a prosthetic arm which attaches to the handlebars for support. Brakes and gears can be moved to the sound limb side to aid cycling.

Lower Limb Difference: Use adaptive pedals or devices that secure your prosthetic foot in place for more stability. A tricycle or hand bike can offer alternative methods for cycling.

Adaptive bikes and equipment can make cycling easier and more enjoyable for everyone.



*If you
can't complete
these activities,
contact us for
adaptations.*

www.limbpower.com