

## **BIKE SAFETY**

**When the weather turns warm, it's time to go biking! But safe biking requires more than just strapping on a helmet. For many of our patients, the idea of taking those training wheels off can be**



**frightening. Before our students ride, Pediatric Potential's Therapist/Biking Teachers make sure the child has the balance, bilateral coordination and endurance necessary for success. We often use a razor scooter, roller blades or ice skating to develop confidence and the prerequisites**

**necessary for biking. We work on weight shift, balance, "push off" and glide with these pieces of equipment and then it's on to riding a bike.**

**If you are not sure that your child is ready to ride a bike, ask your therapist. We're happy to provide bike training. One of the most touching moment we have as therapists is seeing your child's face the very first time they ride their bike on their own.**

**For great bike exercise tips, go to the "Discussion" section on our [Facebook](#) page.**