

“MY BIKE” LETTER OF MEDICAL JUSTIFICATION:

A letter of medical justification specific to your child and the equipment you’re applying for is required.

“My Bike” Letter of Medical Justification Format:

The letter of medical justification (LMJ) for Variety’s “**My Bike**” Program may be completed by the child’s current licensed Physical Therapist, Occupational Therapist, or Primary Care Physician.

The LMJ should be printed on letterhead, signed, and dated.

Some essential elements required in the LMJ, include:

- The reasoning behind requesting a Rifton adaptive bike.
- Why this equipment would be medically appropriate and therapeutic for the child.
- The child’s current height, weight and inseam measurement (important in order to determine bike size).
- Whether or not the child has trialed a Rifton adaptive bike.

The licensed medical professional completing the LMJ should include their full name, title, organization, phone number, an e-mail address, and any related credentials.

If you have Rifton adaptive bikes available, then a “My Bike” Program fitting form can be obtained from our website at www.varietypittsburgh.org/my-bike/apply or by calling the Variety office at 724-933-0460.

Children should not be fit for a bike until their application is been approved by Variety.

****If the applicant has never trialed a Rifton adaptive bike with a licensed medical professional, then a “My Bike” fitting/evaluation will need scheduled by Variety, and is only scheduled once Variety has approved all necessary paperwork (see page 14).**

BIKE FITTING / EVALUATION:

For “My Bike” Program Only, Fitting/Evaluation Details:

As part of Variety’s “My Bike” Program application process, it is required that every child be individually fitted/evaluated on a Rifton adaptive bike. This fitting/evaluation can either be completed by the child’s current licensed Physical Therapist, Occupational Therapist, or Personal Care Physician.

A “My Bike” Program fitting form can be obtained from our website at www.varietypittsburgh.org/my-bike/apply or by calling the Variety office at 724-933-0460.

Children should not be fit for a bike until their application is been approved by Variety.

Otherwise, the child must attend a scheduled “My Bike” regional fitting/evaluation with Variety.

Fitting / Evaluation Requirements:

- The parent/legal guardian must be present with the child at the fitting/evaluation and have the ability to assist the child on and off of the Rifton adaptive bike. Verbal support will be provided to you in this process.
- For safety purposes, it is required that all children bring a bike helmet to wear while riding the bike and wear closed toe shoes. If a child is living with a sensory issue and is unable to wear a helmet, they may not be eligible for the equipment.
- The parent/legal guardian is asked to please wear comfortable shoes to the fitting/evaluation (i.e. tennis shoes) in order to keep up with the child while on the equipment.
- The parent/legal guardian must be able to accompany the child while he/she is riding the Rifton adaptive bike to ensure safety.

There are four important things to learn about during a fitting/evaluation:

1. The stationary brake;
2. The lap belt;
3. The pedal foot straps; and
4. Speed control and safety.

Variety wants you to understand the importance of child safety on the bike, therefore it is important to know that aside from the hand brake, you are your child’s means of breaking from behind the bike. The parent/legal guardian should always be within close proximity while the bike is in use.

Variety—the Children’s Charity supports the American Academy of Pediatrics position that children must be provided with helmets (approved by the Consumer Product Safety Commission [CPSC]) and taught to wear them properly on every ride, starting when they get their first bike or tricycle. Please note that Variety does not provide helmets for the child.