

MY BIKE® LMJ:

Who can write the Letter of Medical Justification (LMJ) for Variety's My Bike Program?

A certified medical professional who is currently seeing the child, such as a:

1. Physical Therapist,
2. Occupational Therapist,
3. Primary Care Physician,
4. Physician Assistant,
5. Nurse Practitioner.

What needs to be included in the letter?

The LMJ must be **printed on letterhead, signed, and dated** by the author, who should describe:

- Why a Rifton adaptive bike is being requested for the child.
- 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).
To ensure accuracy, please take measurements personally, or from another trusted medical professional. Variety cannot accept measurements from the family, as they need to be exact to ensure safe equipment for the child.
- Whether or not the child has ever trialed a Rifton adaptive bike.

The licensed medical professional writing the LMJ should include their:

- ⇒ Full name,
- ⇒ title,
- ⇒ organization,
- ⇒ phone number,
- ⇒ e-mail address, and
- ⇒ any related credentials.

Please note that the LMJ doesn't need to be long, as long as it addresses everything asked for above.

Can I apply for a second bike?

YES! If your child received an adaptive bike through Variety and outgrew it, you are welcome to apply for a larger bike **three-years after you received the first one.**

To re-apply, your child must still meet all of the eligibility guidelines outlined in the application, and a full application must be completed (including a bike fitting/evaluation). Variety can only fund a maximum of two bikes per child.

If re-applying, we ask that the first bike be returned to Variety to re-purpose.

MY BIKE® Fitting & Evaluation:

As part of Variety's **My Bike** Program application process, every child must be individually fit / evaluated while on a Rifton adaptive bike.

If Rifton adaptive bikes are available, then a certified medical professional (listed on page 10) can complete the bike fitting form and submit it to Variety.

A **My Bike Program fitting form** can be found at www.varietypittsburgh.org/my-bike/eligibility, or by contacting Variety by phone (724-933-0460) or email (info@varietypittsburgh.org).

Otherwise, the child must attend a scheduled **My Bike** Program fitting/evaluation with Variety.

Fitting / Evaluation Requirements:

- The parent/legal guardian must attend the fitting/evaluation with the child and have the ability to help the child on and off the equipment.
- It is required that all children bring a bike helmet to wear while riding the bike and wear closed toe shoes, as their feet will be strapped into the pedals. 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 should wear comfortable shoes 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, as this is customized medical equipment.

An overview of the equipment and its features will be given at the start of the fitting/evaluation.

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 (or whoever is with the child) 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.