

## 5) 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.
- Author's wet or official signature and date

**Please know that the LMJ doesn't need to be more than a page, as long as it addresses everything listed above.**

### The LMJ should include the author's:

- ⇒ full name
- ⇒ title
- ⇒ organization
- ⇒ phone number
- ⇒ e-mail address
- ⇒ signature (wet or official) and any related credentials

## Can I apply for a second bike through Variety?

**YES!** If your child received an adaptive bike through Variety and outgrew it, you are welcome to apply for a larger bike.

**For those that received a NEW Rifton bike,** you can re-apply four years after receiving the first.

**For those that received an old Rifton bike,** you can re-apply three years after receiving the first.

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.

## 5a) MY BIKE® Fitting & Evaluation Requirements:

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

If the new Rifton adaptive bike models are available, then a certified medical professional (see page 10) can complete the bike fitting form and submit it to Variety. **Otherwise, Variety will schedule each child for a bike fitting once the application is complete and approved.**

⇒ **A My Bike Program fitting form** can be obtained by contacting Variety by phone (724-933-0460) or email (info@varietypittsburgh.org).

\*Scheduling the community bike fitting days will take time, so your patience is greatly appreciated. It's very important that families are oriented to the new adaptive bike model, and the child is properly fit for their safety.

### **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, and again at the final presentation (before it's taken home).**

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

1. Parking brake;
2. Hand brake;
3. Lap belt;
4. Pedal foot straps; and
5. Speed control and overall 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.*