

# MY BIKE® LMJ:

## Who should apply for an adaptive bike?

Our **My Bike** Program is designed for kids that are unable to ride a typical bike due to physical limitations, challenges with balance or steering, or simply not feeling safe by providing them with a safe adaptive bike that's made for their needs (e.g. *this bike has three wheels and prioritizes safety*).

**Variety is limited to only funding a maximum of 2 bikes per child,**

## 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. It should answer the following:

- What is the child's current height, weight, and inseam measurement** (very important)?  
*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.
- Why is a Rifton adaptive bike being requested for the child?
- Can you confirm that this equipment is medically appropriate and therapeutic for the child? Please explain.
- Has the child ever trialed a Rifton adaptive bike? Please explain.

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

## The LMJ must include the date and 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 second.

**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.**

# 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 order form and submit it to Variety. **Otherwise, Variety will schedule each child for a regional 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@variety pittsburgh.org).

\*Scheduling the regional bike fitting days takes time, so your patience is greatly appreciated. It's very important that families are oriented to the new 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 bike.
- 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 or Harness System;
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

*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.*