



Adaptive Cycling

Cycling is a great way to enjoy the outdoors, increase cardiovascular fitness and spend time with friends and Family. With modification, cycling can be beneficial for Soldiers who have stable upper body, lower body and/or back injuries, behavioral health issues, Post-Traumatic Stress Disorder (PTSD) and/or have sustained Traumatic Brain Injuries (TBI). Each Soldier's Physical Therapist / Occupational Therapist will screen each Soldier for participation in cycling.

Resources provided by:

- Adaptive Reconditioning (AR) team
- Experience cyclist
- Non-Commissioned Officer (NCO)
- Local adaptive cycling organizations (Ride2Recovery, Project HERO, Hope for the Warriors, Wounded Warrior Project, Paralyzed Veterans of America, among others)

Each Warrior Transition Unit/Battalion (WTU/WTB) should have bicycles (upright, recumbent and hand cycles) available for wounded, ill and injured Soldiers and Veterans. Each AR team will coordinate with local organizations, such as those listed above, to obtain additional bicycles, helmets or basic bicycle repair training.

Recumbent cycling is ideal for Soldiers who have neck or back pain that limits their tolerance to riding on an upright bicycle. Recumbent bicycles are heavier and slower, so generally riders who can ride on an upright bicycle will prefer to do so. Hand cycles are ideal for Soldiers with lower body paralysis, amputation, impairment or poor balance. Each AR team will help Soldiers find what bicycle is right for them.

Equipment/resources provided:

- Bicycle (upright, recumbent, hand cycle)
- Helmet
- Safety flags and reflective belt or vest
- Bicycle maintenance (tools, air pumps, bike tubes, tires)

Equipment/resources Soldier brings:

- Personal bicycle/helmet (if owned)
- Cycle shorts, jersey, jackets (if owned)
- Appropriate clothing and shoes (shorts, fitted gym pants, sneakers)
- Sunglasses and sunscreen
- Gloves (if desired)
- Water and snacks (depending on length of ride)

Location(s):

- Roads with wide shoulders and low traffic
- Bike trails

All riding routes should be scouted in advance. Ideal roads have a smooth surface and low automobile traffic, but busier roads can be used if there is a wide shoulder. Preferably, routes create a loop that starts and ends in the same location. Shorter loops may allow for several groups to make multiple loops and meet up with each other along the way. Local cycling shops/clubs can assist in identifying great riding locations, in addition to providing information on club rides.

Weather forecasts and radar should be followed closely before each ride. Riding in the rain is less enjoyable and will require that all equipment be thoroughly cleaned and dried afterwards to prevent rust. Winds of more than 30 mph will make riding difficult, and gusty crosswinds can be dangerous.

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html