

Therapy Connections



Biking Therapy

Skills for riding a bike begin at a very early age. Children first learn to ride “push bikes” at 18 months. Children then progress to riding a tricycle around 3 years old to a 2-wheeled bike with training wheels at approximately 4 years old and without training wheels at around the age of 5. Biking therapy helps identify skills lacking to complete bike riding independently. Biking promotes balance, strength, endurance, reciprocal movement, hand and eye coordination, safety awareness, and body awareness.

Scared to lose the training wheels?

Therapy Connections will provide a wide range of therapeutic services using state of the art techniques that allow children with disabilities to achieve their highest potential

Services are provided to children of all ages and various diagnoses that include Cerebral Palsy, Sensory Processing Disorder, Autism, Dyspraxia, Down syndrome and Language and Development Delays

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Implications

- 🔗 Poor Balance
- 🔗 Decreased Strength
- 🔗 Poor posture when biking
- 🔗 Does not pay attention when biking
- 🔗 Fear/Hesitant of bike riding
- 🔗 Won't bike without assistance or without training wheels

How Therapy Connections Helps

- 🔗 Offering both group and/or individual bike camps to work on developing and refining the skills of your child.
- 🔗 We offer a variety of sizes in Strider balance bikes to work on balance, steering, path navigation and obstacle course training if your child is not yet comfortable on a 2-wheeled bike.
- 🔗 Integrating other approaches such as Bal-A-Vis-X, Ready Bodies, Learning Minds, and S'cool Moves to improve skills.