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# Three-wheeled Bike Activity Program

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# Three-wheeled Bike Activity Program

**Description**

This is a patient education handout on three-wheeled biking and stretches to perform before riding.

**Keywords**

three-wheeled bike, trike, biking, occupational therapy, exercise, activity, stretching

**Disciplines**

Occupational Therapy | Rehabilitation and Therapy

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# Three-wheeled Bike Activity Program

Biking is one of the most popular outdoor activities. Many people are choosing three-wheeled biking as their new favorite style of riding. Adult three-wheeled bikes are an important part of the pedal bike community. Three-wheeled bikes offer stability, comfort, and can be used to carry cargo.



## Before you go on a ride

- Wear padded shoes, bright clothing, and comfortable pants
- Pre-plan your route and distance
- Stretch to warm up your muscles
  - follow the stretch guide on page 2 & 3
- Let someone know you are going on a ride
- Wear lights on your bike, even in the daytime
- Wear a helmet, bring water, and bring your I.D.

## Suggested route

For active seniors, occupational therapists suggest:

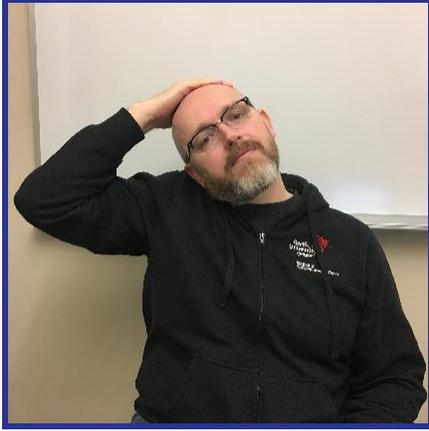
- Ride for **30 minutes** or plan a **5 mile** trip
- Bike one or two times a week
- Change distance and length of activity to your needs

Am I exercising too much? Here is an easy way to know:

You should be able to speak in your normal voice and tone while you are active. If you are out of breath and are unable to speak regularly, you need to lower your intensity level by slowing down.

## Stretch before you ride

Do these stretches to warm up your muscles before you ride.



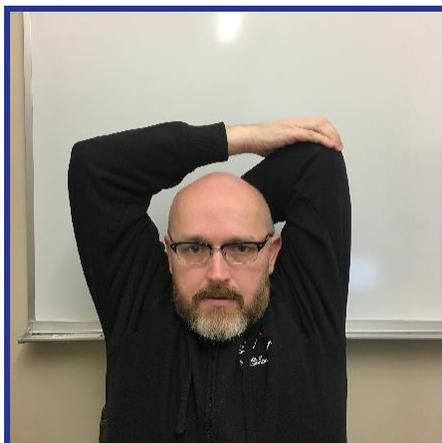
### Neck Side Stretch

- + Sit tall in chair and lean head to one side to warm up neck
- + Gently place your right palm on the left side of your head
- + Hold 20 seconds and repeat on other side



### Standing Quadriceps Stretch

- + Stand tall and use one hand to hold a sturdy surface for balance
- + Slowly bend right knee and grasp foot
- + Hold this stretch for 20 seconds
- + lower leg, and repeat with other leg



### Triceps Stretch

- + Sit tall in chair and bend right elbow, then lift your right arm over head
- + Use your opposite arm to clasp other elbow and pull gently in the opposite direction, then repeat



## Seated Hip Stretch

- + Begin seated in a tall sturdy chair
- + Cross your right leg over your left, letting the right ankle sit atop your left knee
- + Relax your right hip and repeat with left ankle



## Ankle circles

- + Sit up tall in chair
- + Extend your right leg out in front of you, keeping the other on the floor
- + Begin to rotate right ankle (10 times clockwise, 10 times counterclockwise), lower leg, and repeat with other ankle



## Seated Hip Stretch

- + Begin seated in a tall sturdy chair
- + Cross your right leg over your left, letting the right ankle sit atop your left knee
- + Relax your right hip and repeat with left ankle

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