## Let's Go Riding!

### **Confluence Health Outpatient Therapy**

Get a referral from your doctor to ride an adaptive bicycle as part of a skilled therapy service.

### **Confluence Health Foundation Community Events**

Check out the events page at confluencehealth**foundation**.org to stay up to date on free adaptive cycling community events that are open to the public!

#### For more information:

1201 S Miller Street Wenatchee, WA Rehab Services Entrance off Fuller Street 509-433-3212





## Rehab Department Adaptive Cycling Program



Outpatient Therapy, Inpatient Rehab, and Community Programs

# What is Adaptive Cycling?

Adaptive bicycles have been built and/or modified to accommodate the needs of someone with a physical, cognitive and/or sensory impairment. Adaptive bicycles are available in a variety of shapes and sizes and can accommodate almost any rider, enabling people with a disability to safely participate in physical activity.

# Who Can Ride an Adaptive Bicycle?

Confluence Health's current fleet of bicycles includes pediatric, youth, and adult adaptive bicycles including hand cycles, trikes, and tandems. Bicycles are available for patients in outpatient therapy at Confluence Health Hospital, Central Campus, for patients at inpatient rehab at the Mares Campus, and for the community during free adaptive cycling events that are scheduled throughout the summer and fall.

