



## Sample Letter of Medical Necessity for Freedom Concepts Adaptive Bikes

### **Freedom Concepts DCP 12 - Hot Rod Purple with Rear Steering Assistance Handle, Caliper Break on Rear Steering, Molded ABS Footplate with Ratcheting Foot Straps, Custom Support Back, Lateral Support Brackets, 2" Raised Pommel, I2I Headrest System, Head Pod, Indoor Stationary Trainer, and iPad Holder**

The Freedom Concepts Bike is an adaptive bike that has 3 wheels and a wide base with a low seat to the floor to allow for easy and safe transfers and mobility/exercise for children who cannot manage a 2-wheel bike. **\*Patient's name\*** is unable to propel or safely ride a 2-wheel bike and requires postural supports thus a standard bike or trike is not sufficient. I was able to trial **\*patient's name\*** on the requested Freedom trike in the clinic and she was determined to be able to successfully sit in a functional position to pedal and ride with the recommended positioning components. The bike will allow **\*patient's name\*** to work on their strength and activity tolerance as well as through repeated reciprocal motion to help reduce their spasticity which will hopefully over time carry over to daily functional activities.

They require rear steering to assist in navigating the bike since their upper extremity spasticity prevents them from being able to reach out and extend adequately to turn. They are also not able to grasp a brake effectively due to its size and their tight hands so the brake will be on the rear steering handle. They will require the molded footplate with ratcheted straps to secure their feet into the pedals and allow them to push without their feet falling off. They will require solid back support with thoracic laterals to help maintain their trunk in a midline position and prevent them from being able to fall off the bike while riding. The raised pommel seat will help reduce the adduction that occurs because of their spasticity as they push their legs around. To also assist in trunk position but also in the maintenance of their head position in space the I2I headrest and head pod will be utilized. The I2I headrest will secure the trunk back with its projections while the head pod attaches directly to the head holding it up and preventing a forward fall of the head. Lastly to provide encouragement and incentive the iPad holder will allow for music to be played while they are on the bike and the indoor stationary trainer will allow the bike to be used in the home for prolonged exercise attempts without prolonged exposure to the heat.

Thank you for your time and consideration. If there are any questions or concerns, please use the information below to contact me directly.

Sincerely,

**\*PT's name and contact information\***