

# CYCLING WITH CEREBRAL PALSY (CP):

## HOW I GOT MY WHEELS ROLLING

A LIVED-EXPERIENCE DEMONSTRATION POSTER BY FINN O'KEEFE

I learnt to ride an adaptive e-trike at age 46. I grew up believing I would never be able to cycle because of my CP. By sharing what worked for me, I hope to encourage other people with disability to explore their own paths to adaptive cycling.

### A ROADMAP TO INDEPENDENT CYCLING »»



### BARRIERS ⚠️

- **Physical:** Balance challenges and limited range of motion (ROM).
- **Attitudinal:** Cycling failure as a child led to low confidence in using bikes as an adult.
- **Equipment:** Lack of access to adaptive cycling options in childhood and adulthood.
- **Systemic:** Bikes not always seen as assistive technology. 'Throttle-only' use restricted in some jurisdictions. NDIS approvals slow and complex.

### ENABLERS ⚙️

- **Physical:** Exploring off-the-shelf options and custom modifications.
- **Attitudinal:** Peers helped reframe my mindset from 'can't do' to 'can try.'
- **Equipment:** Trials and guidance from allied-health teams and bike shops.
- **Systemic:** Visibility is advocacy: sharing success stories encourages greater awareness and gets wheels rolling.



## ANATOMY OF MY ADAPTIVE E-TRIKE »»

1. **Low step-through frame:** reinforced for secure mounting.
2. **Throttle:** to start from stationary and climb hills without pedal assist.
3. **Twenty-inch wheels:** enable full rotation of pedals and easier steering with smaller turning circle.
4. **Handlebar park brakes:** for secure stopping mid-ride and when parking.
5. **Custom-built stabiliser:** to keep trike balanced.
6. **Mountain bike pedals:** for grip (less restrictive than clip-in pedals) and **child's-sized cranks** (120mm) to accommodate my limited knee ROM.
7. **Handlebar phone mount:** for app-based route guidance.
8. **Safety:** High-vis reflective flag and side-mirror for rear visibility.
9. **Comfort:** Suspension seat post and gel seat cover.



## KEY TAKE-AWAYS »»

Scan for more info

- Cycling can be explored by people with disability at any age.
- Adaptive cycling can transform mobility and enhance wellbeing, independence and inclusion.
- Awareness and access to a variety of cycling options is critical.
- Health professionals should consider adaptive cycling in mobility and health conversations.
- Sharing cycling success in the community and online can help get more wheels rolling!

Learn more about my cycling story: [trikeboy.blog](https://trikeboy.blog). Email: [finn.okeefe@unimelb.edu.au](mailto:finn.okeefe@unimelb.edu.au)