

Case Study: Bertie's Story



Bertie is a 9-year-old who loves being the star of the show! He lives in Derbyshire, UK, with his parents, his two older sisters and his two dogs, Bob and Freddie. Bertie loves to play, socialise with his friends and spend time with his family. He enjoys water-based play, playing games on his iPad, going on the swings at the park and going on long walks with his family.

He is ultra-popular at his primary school and he is often treated like a celebrity by his friends when he arrives each day. Bertie doesn't like to be still - he enjoys exercise and the fun which movement can bring. However, his movement is limited by a THOC2 disorder, a very rare genetic condition where the THOC2 gene is unable to function properly, affecting the development of brain cells:

https://humandiseasegenes.nl/thoc2

Bertie is affected by hypotonia and has difficulties with balance and coordinated movement of his upper and lower limbs. He has support from adaptive equipment to help him sit comfortably and actively, stand, and mobilise. Bertie's family were looking for a Christmas present to help him move even more. More specifically, they were seeking a bike so he could play and exercise with his friends and be independent with his mobility during family walks. As mum, Cheryl, says **"all 9-year-olds have a bike"**, so why shouldn't Bertie?

After an assessment with Jiraffe at school, the **Adaptive Tricycle** by Rifton was selected as the perfect cycling support! Bertie was a natural and was able to pedal a few rotations independently in the school yard after just a few minutes of practice. All of his friends were super excited to see him cycling and Bertie of course lapped up being the star of the playground. The medium Adaptive Tricycle was identified as the most appropriate size to support years of growth, practice and consistency for Bertie as he gets older.

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Since unwrapping his present, Bertie has been using his tricycle regularly, despite the typical British weather! Bertie has been cycling to school, cycling round parks and even walking his dogs with their leads attached to the handle! The tricycle has enabled him to socialise with his friends more, exercise more and be more independent with his mobility. Cheryl has been overjoyed with the impact the tricycle has had on Bertie's daily life and said:

"We are so happy with Bertie's trike - it is really heart-melting to see him enjoy it, have a little independence and join in with his friends. Bertie absolutely loves it!" Bertie is looking forward to using the tricycle during Bikeability sessions with his classmates at school!

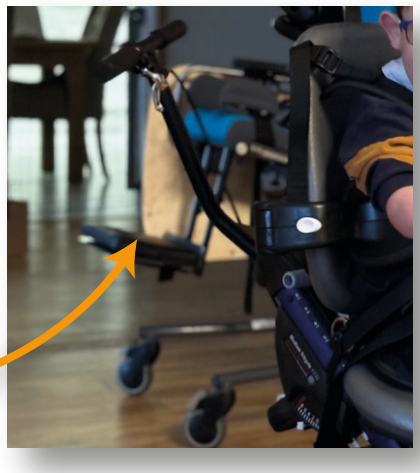




Here are some of the features of the Rifton Adaptive Tricycle that help support Bertie to move and have fun:

The adjustable loop handlebar can be set at the perfect height for Bertie's size and reach and allows for comfortable gripping to practice steering. It is great for tying on Bob and Freddie's leads so Bertie can walk them. It's also the perfect place to mount Bertie's iPad so he can communicate whilst using it.

The rear steer and handbrake help his carers support his steering and speed when he needs it. It can be used very lightly to help with challenging and developing skill. Bertie has nailed his pedalling, so this is great for him to practice his turning ability!



The abductor with adduction straps helps to prevent Bertie's lower limbs from splaying out to the side, creating a more natural cycling pattern and making it easier for him to pedal independently.





The large seat and pelvic harness provide encompassing and substantial support to create optimal pelvic stability for active sitting and cycling.

Keep working hard on your cycling skills Bertie!

Jiraffe™ Knowledge & Know-How

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Bertie, the Rifton Adaptive Tricycle and the ICF/F-Words [1,2]

Fitness
(Body Structure & Function)

Bertie is now partaking in more regular physical activity at a time where he is at risk of being very sedentary. Regular physical activity can improve cardiorespiratory, cardiometabolic, muscular and bone health.

Functioning
(Activity)

Bertie has started to pedal through his own movement and is learning a fun new skill – cycling! It has helped him be more independent in his mobility and provided different opportunities to be mobile alongside his gait trainer.

Friends
(Participation)

Bertie can now cycle to school and cycle with his friends. He is looking forward to taking part in the Bikeability programme at school.

Family
(Environmental Factors)

Bertie is now mobilising independently with his tricycle during family walks around the park, he is getting involved in walking his beloved dogs and his family are overjoyed to see the positives the tricycle brings to his daily life.

Fun
(Personal Factors)

Cycling is a fun and an essential part of childhood! Bertie loves to the ride the tricycle and loves being active.

Future

Bertie will keep working hard on his cycling skills to become more independent. He will continue to work his steering ability and learn new skills with the upcoming programmes at school.

1) World Health Organization. (2001) International Classification of Functioning, Disability and Health (ICF).
2) Rosenbaum, P. & Gorter J. The 'F-words' in childhood disability: I swear this is how we should think! Child: care, health and development. 2011; 38(4): 457–46.

For more information visit the
F-Words Knowledge Hub: www.canchild.ca/f-words

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Seating Standing Sleeping Therapy Mobility Bathroom

Jiraffe/BCS/2024