

# Addressing Individuality of Para Cyclists

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# Major Points

- How they are like other cyclists
- General differences
- Differences from one Para Cyclist to another
- Questions





**In some ways Para Cyclists are  
just like every other cyclist.**

Who has?



# Just like everyone else

- Don't focus enough on recovery
- Do too much...
- Too worried about what so & so is doing
- I need a new...
- Negativity toward self
- Not enough development
- **Need Inspiration**





# General Differences

- Individuality Multiplied



# Individual Differences

- Spinal Cord Injuries
- Amputations
- Traumatic Brain Injuries
- CP
- Stroke
- Birth Defects
- Visually Impaired



# SCI Considerations

- More time
- Transfers
- Bike Fit
- Hydration/Nutrition
- Thermoregulation



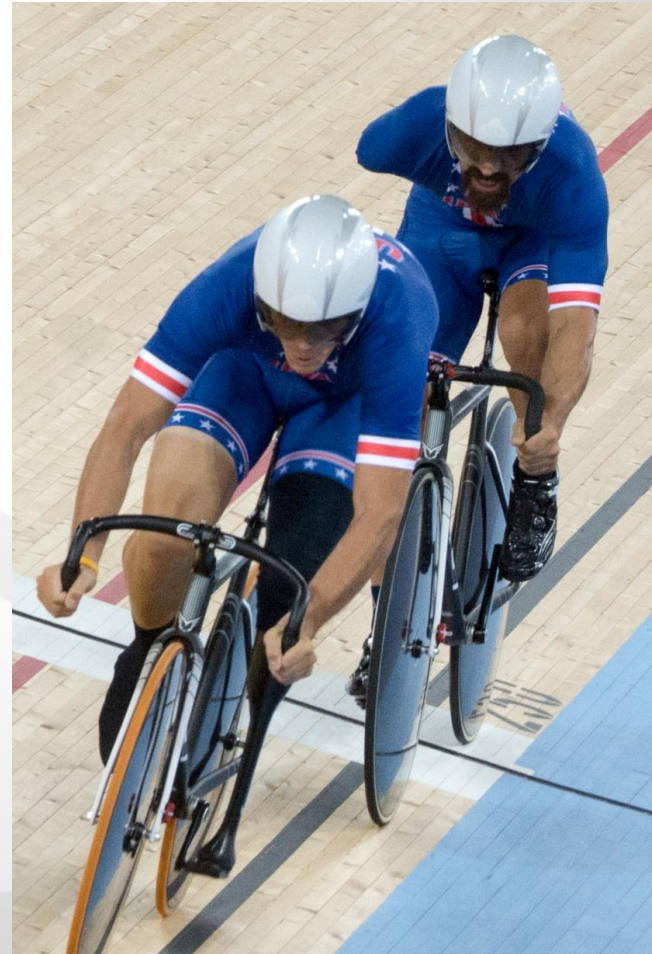


# Amputations

## Prosthetics YES

- Fit
- Contact points
- Time in Prosthetic

## Prosthetics NO





# Traumatic Brain Injuries

- Memory
- Decision making
- Balance
- Muscle Innervation
- Recovery
  - Physiological
  - Mental
  - Neurological



# Cerebral Palsy

- Found in multiple classes
- Burn hot



# Stroke

- Various Levels
- Low population
- Survivors





# Birth Defects

- Well adapted
- Unafraid to communicate
- Independent





# Visually Impaired



# Bike Fit

- Adaptations
- Short Side
- Does it hurt worse
- Power vs old position





## Nutrition/Hydration/Cooling

- Balance
- Prep
- Active Feedzone



# Prosthetics

- Fit
- Time
- Innovation
- Joint/No Joint
- Sweat
- Shaving



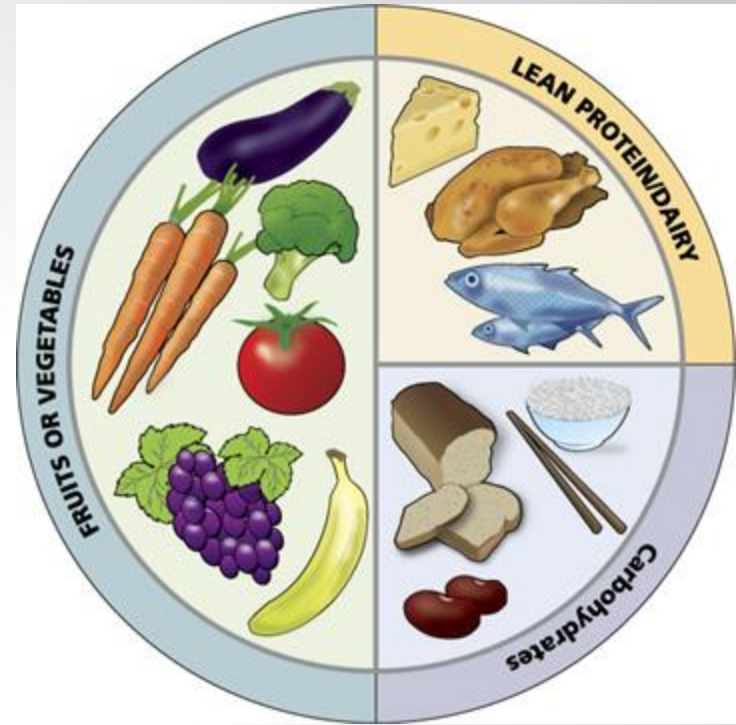


# Recovery

- The 10,000 piece puzzle



# Recovery







Questions?





# Thank You

