

CONNECTICUT VALLEY HOSPITAL

**Physical Therapy Services**

**PT Equipment Procedure # 10**

**Re: Exercise Bicycle**

**Date: March 20, 2000**

**Revised: October 19, 2008**

**Description:**

A stationary exercise bicycle with variable tension, profiles, and training modes. Two varieties are available: upright and recumbent. The stationary exercise bicycle is used to increase lower extremity strength, and endurance. Resistance can be graded with an adjustable friction device. Distance, speed, or duration of exercise is monitored. The exercise bicycle provides resistance to muscles during repetitive, reciprocal movements of the lower extremities. It is particularly appropriate for low-intensity-high-repetition exercises designed to increase muscular or cardiovascular endurance. Individuals with back pain or decreased balance are usually more comfortable using the recumbent bicycle.

**Indication:**

Patients with decreased cardio-respiratory endurance and decreased lower extremity strength.

**Procedure:**

1. Adjust seat to appropriate height. The knees should extend almost completely.
2. Assist the patient on the bicycle. Use a footstool if necessary.
3. Place feet on pedals. Patients with paralysis or neuromuscular incoordination may use Velcro straps attached in a "figure 8" pattern to hold feet into place.
4. Set resistance lever to appropriate tension for the individual patient's needs.
5. Set timer (Generally 5-10 minutes).
6. Closely guard individual if there is any sign of instability.
7. After time is completed, remove Velcro straps if present and assist off seat using stool if necessary.
8. Monitor vital signs.
9. Clean Machine as per Physical Therapy Cleaning Procedures.
10. All stationary bicycles receive Biomedical Testing annually in January of each year.