



theraplay
Cycles For Life

about theraplay

history

Since our first hand propelled tricycle was conceived and produced in 1970 for a local charity, **Theraplay** has sought to design and manufacture stylish cycles which are appealing to children and adults of all ages.

Now in our 5th decade, the range has expanded to 21 cycles in various sizes and styles, all manufactured in the UK to the same high standards using quality components and materials. Many of the designs and unique features of our products have been influenced by suggestions from riders, families and therapists. We are always working on new designs and ideas to enable even more riders to enjoy the thrill of cycling.



Free Assessments

Theraplay offers the chance for every rider to take a cycle for a test ride. We strongly recommend that when purchasing our products you take advantage of our free, no-obligation assessment service which is available throughout the UK and Ireland. These are conducted by our experienced Product Advisors who will give guidance on the appropriate options and provide detailed quotations for the cost.

cycles for life

goals

Cycling is an exercise that can be enjoyed throughout life. As we age not only does our physical stature change but our ability to cycle can also vary, sometimes it will improve other times we may need a little more assistance. **Theraplay** cycles are modular and are designed to adapt to the changing needs of the rider, supports can be changed or transferred between models and cycles can be part-exchanged to reduce the life-time cost of cycling.



Warranty and Aftercare

All our products are supplied with a 2 year warranty. We can also offer an on-site inspection and service facility for complete peace of mind.

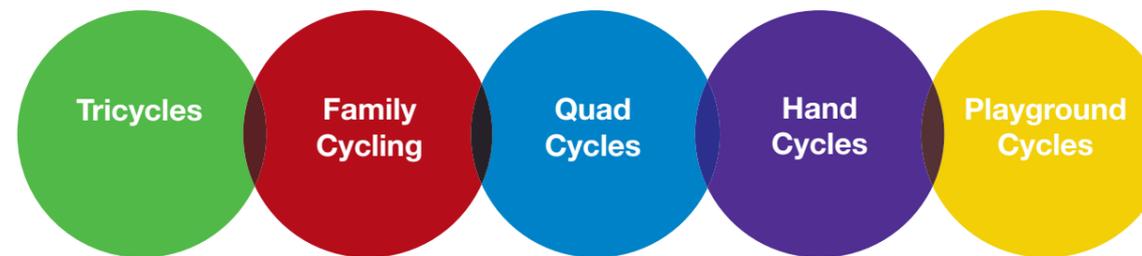
benefits of cycling

Increasingly therapists and families are realising the benefits to be gained from riding tricycles. Not only are they seeing the fun triking gives the rider, they are witnessing the therapeutic benefits it provides through muscle stimulation and cardiovascular exercise.

“Lower-limb cycling for 3 sessions per week of 20 minutes each over a period ranging from 1.5 to 16 months improved cardiorespiratory fitness in a sample of 22 children and young adults with CP.”
United Cerebral Palsy 2008.

Cycling offers the chance for individuals to exercise muscles without impact and to be supported at the pelvis, feet and hands. **Theraplay** has a range of options to provide the optimum support at these three points of contact to enable the rider to achieve the greatest reward for their effort. It is our goal to get each rider cycling independently in a safe and controlled manner.

Key theraplay products are:



“
As well as improving physical health, cycling has a positive affect on emotional health - improving levels of well-being, self confidence and tolerance to stress while reducing tiredness, difficulties with sleep and a range of medical symptoms.
 ”
 - Cycling England



Tricycles

The tricycles are available in five sizes and share the same distinctive sporty appearance. Comfort and support is provided by the extra wide padded saddle, an essential component therapists recommend for a stable seating position. This is complemented by the adjustable high-low bend handlebars and seat adjustments which combine to ensure the rider is in the optimum position to pedal and control the tricycle in a confident manner. The secure feeling provided by the broad wheelbase and well balanced handling coupled with the extensive range of positional accessories ensure that each trike can be tailored to the individual requirements of each rider.



terrier

Model shown with adjustable trunk support and footsandals.

A rugged trike for children from 4½ years, this model has 16" wheels and a caliper brake with a parking brake mechanism. The **Terrier** has a frame folding mechanism option which allows the frame to be folded for transportation and storage.

Standard colours    Other colour options are available



imp



Model shown with adjustable trunk support and footsandals.

Designed with younger children in mind, the **Imp** is suitable for children from around 2½ years. It has a low gear ratio for easy pedalling, 12½" wheels, caliper brake and smaller diameter handlebars for smaller fingers and hands.

Standard colours    Other colour options are available



TMX



Model shown with in-line trunk support, footsandals, cumfigrip handlebars and rear steering mech.

A robust tricycle designed to accommodate the larger and heavier child. The **TMX** has 20" wheels, a caliper brake with a parking brake mechanism and an option which allows the frame to be folded for transportation and storage.

Standard colours    Other colour options are available



TRACKER

20 24



Model shown with in-line trunk support, contour saddle and footsandals.

20

The **Tracker** is designed for teenagers and is fitted with 20" alloy wheels. It has a caliper brake with a parking brake mechanism and an option which allows the frame to be folded for transportation and storage.

Standard colours    Other colour options are available



Model shown with tractor style saddle.

24

A larger version of the **Tracker** trike which is for teenagers and adults. It has 24" wheels, a caliper brake with a parking brake mechanism and an option which allows the frame to be folded for transportation and storage.

Standard colours    Other colour options are available



| | Overall Length | Overall Width | To Suit Inside Leg | | Seat to Handlebars | | Max User Weight |
|--------------------|----------------|---------------|--------------------|--------------|--------------------|--------------|-----------------|
| | | | (min) | (max) | (min) | (max) | |
| Imp | 39½" (1000mm) | 24" (610mm) | 12½" (320mm) | 15½" (395mm) | 11" (280mm) | 14½" (370mm) | 70lbs (32kg) |
| Terrier | 45" (1140mm) | 29" (735mm) | 16½" (420mm) | 21½" (545mm) | 14" (360mm) | 17" (430mm) | 100lbs (45kg) |
| TMX | 59" (1500mm) | 29" (735mm) | 20" (510mm) | 25" (640mm) | 19" (480mm) | 22" (560mm) | 150lbs (70kg) |
| Tracker 20" | 65" (1650mm) | 31½" (800mm) | 24" (610mm) | 29" (740mm) | 21" (535mm) | 24" (610mm) | 200lbs (90kg) |
| Tracker 24" | 69" (1753mm) | 31½" (800mm) | 25" (640mm) | 30" (762mm) | 22" (560mm) | 25" (640mm) | 200lbs (90kg) |

Build your own Trike

Visit our new website www.theraplay.co.uk for more details

Over the decades, we have conducted over 40,000 assessments where a rider gets the chance to take a cycle for a test ride. For many it is their first chance to cycle and for others it is a chance to try out bigger and newer models. The experience gained from this service has enabled us to create cycles which can be customised to each individual rider.

Every individual's requirements are unique and because of this **Theraplay** has designed our cycles to be modular so each rider can select what they want and need to make the experience more enjoyable and rewarding. If the rider's requirements change it is easy to change the set-up of the cycle so the rider can maintain their optimum cycling performance.

Appearance

Looking good and feeling comfortable is important. Modern styling, the use of quality cycle components and a choice of 10 frame colours mean that we have something for everyone.

Gearing Options

All models are fitted with a low ratio 1:1 fixed gear (1 revolution of the pedals: 1 revolution of the wheels). This enables the rider to get going easily, allows the tricycle to be reversed and helps to slow speeders. The gear ratio can be changed to increase the speed of the cycle depending upon the riders ability to control it. Alternative gear types can be fitted such as freewheel, option drive (both fixed & freewheel), and 5 speed indexed gear (only on T5 models).

Frame Geometry

Designed to make pedaling easy, the frame geometry enables the rider to have a smooth even pedaling motion while maintaining a comfortable position.

Dual Axle Drive System

A unique dual axle drive system has been developed to reduce resistance when pedaling. This feature ensures that our trikes are the easiest to pedal. If used in conjunction with a low gearing option, riders with very low muscle tone can enjoy the freedom of cycling independently.

Optional Accessories

A range of interchangeable accessories enable customization to suit a riders positional and support requirements.

Stability

All models are designed with a low centre of gravity, a broad wheelbase and a wide rear axle for stability. A steering stop limiter is fitted to control the turning circle of the tricycle.

The tricycles can be supplied with a frame folding/separating option which allows them to be stored and easily transported.

T5 Tricycles

Derived from our popular range of foot propelled tricycles, the **T5** trike is designed for the more adventurous cyclist. Created with a robust frame which is designed to absorb the bumps and hollows of our streets and pathways, the **T5** gives the rider the ability to explore wider horizons with greater confidence.

The design team have given special attention to the styling of the **T5** trike. Care has been taken to select components that will give maximum performance and will also enhance the appearance of the tricycle. Designed to suit the needs of children from 8 years to adult riders, the **T5** model incorporates a comfortable seating position with adjustment for growth, variable height handlebars and two forms of positive easy to use brakes. It is possible to select different types of gearing depending upon the rider's ability; single speed fixed drive, single speed freewheel, option drive or 5 speed indexed gear.



Model shown is a TMX T5



Model shown with 5 speed gear option.

Standard colours Other colour options are available



Model shown with comfort saddle and self balance pedals with toe clips.



Features

- 3 frame sizes
- Front suspension fork with disc and V-style braking and parking brake
- Frame folding/separating option for transportation
- Adjustable steering stop to assist stability
- Enclosed chainguard



TRACKER

T5



| | Overall Length | Overall Width | To Suit Inside Leg | | Seat to Handlebars | | Max User Weight |
|--------------------|----------------|---------------|--------------------|-------------|--------------------|-------------|-----------------|
| | | | (min) | (max) | (min) | (max) | |
| TMX | 59" (1500mm) | 29" (735mm) | 20" (510mm) | 25" (640mm) | 19" (480mm) | 22" (560mm) | 150lbs (70kg) |
| Tracker 20" | 65" (1650mm) | 31½" (800mm) | 24" (610mm) | 29" (740mm) | 21" (535mm) | 24" (610mm) | 200lbs (90kg) |
| Tracker 24" | 69" (1753mm) | 31½" (800mm) | 25" (640mm) | 30" (762mm) | 22" (560mm) | 25" (640mm) | 200lbs (90kg) |

Hitch



“ *Cycling is one of the most appropriate types of physical activity for the majority of the population as it can be easily incorporated into daily life, can be carried out at different intensities, and has few side-effects.* ”

- Cycling England

”

Family fun & inclusion

Therapists are forever searching for treatment activities that can be incorporated into everyday life. Cycling is an activity which can accomplish a variety of therapeutic objectives, such as improving leg strength, balance, fitness and endurance. It is also an activity which can be enjoyed by all age groups and abilities.

Theraplay has developed a new style of tricycle which allows the whole family to cycle together. There are two sizes of **Hitch** cycles which can be changed between tricycle and trailer cycle. This two in one product provides the rider with the chance to cycle independently on a tricycle or to become part of a team when cycling on the trailer unit whilst being “Hitched” to an adult’s bicycle. This great new product allows the whole family to participate and bond whilst doing an activity which benefits all.

The **Terrier** and **TMX Hitch** models can be fitted with our full range of positioning accessories for riders who need extra support.

Features

- Two frame combinations based upon the Terrier and TMX models
- Option drive gear - easily switched between fixed and freewheel modes
- Frame folding and separating
- Attaches to most adult bicycles with universal mounting bracket
- Wide range of adjustments for comfort



Tracer

The **Tracer** semi-recumbent tricycle offers unrivalled comfort and style for cycling. From its easy-rider handlebars through to its supportive seating, the **Tracer** offers significantly improved handling and stability over conventional tricycles and is ideally suited to the more active and adventurous rider. The **Tracer's** low centre of gravity frame design offers two key benefits, ease of transfer and improved stability especially when cornering at higher speeds.

Available in two frame sizes each model is fitted with a supportive seat unit which can be adjusted along the frame on a sliding mechanism. The seats are reclined to allow the rider to settle back into the optimum position for pushing through the pedals. The easy-rider handlebars are height and angle adjustable to allow the rider to obtain the best position for steering. Self balance pedals with toe clips and a pelvic strap are fitted for a little extra support.

Standard colours  Other colour options are available



TRACER

Features

- Low step through frame for ease of transfer
- Adjustable sliding seat mechanism
- Front suspension fork with disc and V-style braking and parking brake
- Frame folds/separates for transportation
- Self balance pedals with toe clips
- Detachable seat unit

Accessories

- Puncture proof tyres
- Mudguards
- Light set
- Gearing options



| | Overall Length | Overall Width | To Suit Inside Leg | | Seat to Ground | Top of Seat to Ground | Wheel Size | | Max User Weight |
|----------------------|----------------|---------------|--------------------|-------------|----------------|-----------------------|------------|------|-----------------|
| | | | (min) | (max) | | | Front | Rear | |
| Tracer Junior | 70" (1780mm) | 31½" (800mm) | 21" (535mm) | 28" (710mm) | 19½" (495mm) | 31" (785mm) | 20" | 20" | 200lbs (90kg) |
| Tracer | 76" (1930mm) | 31½" (800mm) | 25" (640mm) | 32" (815mm) | 20½" (520mm) | 32" (815mm) | 20" | 24" | 220lbs (100kg) |

Quad

Some riders need a little extra stability and security to allow them to enjoy the thrill of cycling and benefit from its therapeutic stimulation. The enhanced stability provided by the four wheels fitted to the **Quad** cycle offers greater stability for the rider when cycling. There are two frame sizes available which have a low step through frame to enable easier transfer onto the saddle. The frames are constructed from large profile tubing for extra strength and can be separated into two parts for storage or transportation. The **Quad** cycle has four 20" alloy wheels with the front wheels fitted with hub brakes with parking brake levers.

The **Quad** cycles can be fitted with a range of additional positioning supports to ensure the rider is comfortable and secure when cycling. There are a variety of saddle options, backrest types, foot supports and handlebar styles to select from.



Standard colours  Other colour options are available

Features

- Low step through frame for ease of transfer
- Adjustable seat and handlebar position
- Frame folds/separates for transportation
- Gearing options

Accessories

- Puncture proof tyres
- Positioning options



Model shown with adjustable trunk support, contour saddle and self balance pedals with toe clips.

quad



| | Overall Length | Overall Width | To Suit Inside Leg | | Seat to Handlebars | | Wheel Size | Max User Weight |
|-------------------|----------------|---------------|--------------------|-------------|--------------------|-------------|-------------|-----------------|
| | | | (min) | (max) | (min) | (max) | | |
| Quad Small | 57" (1450mm) | 31½" (800mm) | 20" (510mm) | 25" (640mm) | 19" (480mm) | 22" (560mm) | 20" x 2.125 | 220lbs (100kg) |
| Quad Large | 69" (1750mm) | 31½" (800mm) | 25" (640mm) | 30" (760mm) | 21" (535mm) | 24" (610mm) | 20" x 2.125 | 220lbs (100kg) |

Hand Cycles

Tri-Lo hand propelled tricycles have been designed specifically to provide fun therapy and independence for children with Spina Bifida and any other child where the use of lower limbs is restricted. Available in three frame sizes and propelled by hand pedals, the **Tri-Lo** is a responsive tricycle which is easy to steer and control.

A robust frame with allowance for growth ensures the rider can gain a comfortable sitting position. Braking is provided by a reverse braking system which means the rider's hands never have to leave the hand pedals when controlling the trike.



The **Terrier Duo** is a therapeutically advanced tricycle which is designed to encourage both hand/arm and leg movements, helping to maximise muscle development, encourage coordination and aid with the mobilization of stiff joints.

www.theraplay.co.uk for further details.

Features

- Low foot platform for ease of transfer
- Padded seat and backrest
- Adjustable frame
- Enclosed chainguard
- Parking brakes on rear wheels

Optional Accessories

- Push handle
- Postural supports
- Frame folds/separates for transportation



| | Overall Length | Overall Width | Centre of Seat Pedals (min) (max) | Seat Width | Seat Depth | Backrest Height | Seat Foot Platform | Wheel Size | Max User Weight |
|----------|----------------|---------------|-----------------------------------|-------------|-------------|-----------------|--------------------|---------------------|-----------------|
| Mini | 40" (1020mm) | 25" (640mm) | 12" (305mm) 19" (480mm) | 14" (360mm) | 10" (250mm) | 10" (250mm) | 8" (200mm) | 3 x 12½" | 70lbs (32kg) |
| Standard | 43" (1100mm) | 25" (640mm) | 12" (305mm) 20" (510mm) | 14" (360mm) | 10" (250mm) | 11" (280mm) | 11" (280mm) | 12½" front 16" rear | 100lbs (45kg) |
| Large | 51" (1300mm) | 28" (710mm) | 17" (430mm) 26" (660mm) | 18" (460mm) | 12" (305mm) | 12" (305mm) | 13" (330mm) | 3 x 16" | 130lbs (59kg) |

Standard colours Other colour options are available.

Tuff

Designed in conjunction with special schools and therapists, the **Tuff** trike is available in three sizes ranging from 8 years of age to adult. The frame is constructed from large profile flat-sided oval tubing to provide extra strength to accommodate larger and heavier riders.

The wheels run on sealed maintenance-free bearings and are fitted with broad tread all terrain tyres. **Tuff** trikes are manufactured in the UK using quality materials and components, giving many years of trouble free play.



Features

- Powder coated frame baked-on to give a long lasting and durable paint finish
- Broad comfortable saddle which gives extra support
- Sealed wheel bearings which are maintenance free

Colours available



| | Overall Length | Overall Width | Height | Pedals (min) | Pedals (max) | Max User Weight |
|----------------|----------------|---------------|--------------|--------------|--------------|-----------------|
| Size 1 (Green) | 40" (1015mm) | 28¾" (730mm) | 37" (940mm) | 22" (560mm) | 26" (660mm) | 100kg (220lbs) |
| Size 2 (Red) | 45" (1140mm) | 28¾" (730mm) | 40" (1015mm) | 26" (660mm) | 30" (760mm) | 135kg (300lbs) |
| Size 3 (Blue) | 51" (1290mm) | 28¾" (730mm) | 40" (1015mm) | 29" (740mm) | 33" (840mm) | 135kg (300lbs) |

