FOR IMMEDIATE RELEASE

“Burke Rehabilitation Hospital to Host Hand Cycling Clinic and Adaptive Fitness Seminar on Nov. 7”

WHITE PLAINS, N.Y. – Oct. 23, 2013 – Burke Rehabilitation Hospital continually strives to provide the community with educational events that can help people lead healthier, active lives. With this in mind, the hospital will be hosting a free hand cycling clinic and a physical performance and health seminar on Nov. 7. The event is geared for people with limited lower extremity strength interested in participating in or continuing with adaptive sports programs, including cycling. However, both sessions are open to all ability levels to give people the opportunity to ride hand bikes and learn more about adaptive fitness programs.

In partnership with Achilles International, Burke will conduct the hand cycling clinic from 3:30 to 5 p.m. at the outdoor track of the Burke campus at 785 Mamaroneck Avenue in White Plains, weather permitting.

“This is a great opportunity to try something new regardless of ability level and get to know others from the community,” said Alexandra Oudheusden, event coordinator and director of Recreational Therapy at Burke. “Everyone is welcome, especially beginners.”

No experience is necessary to participate as advanced hand cyclists and therapists will be available to assist all riders on how to use the bikes as well as how to transfer on and off the equipment. There will be a variety of hand bikes available to choose from and participants will be able to ride safely on Burke’s closed track. Riders of all ability levels are welcome, however, it should be noted that all riders must have enough upper body strength to move the hand pedals. Gross motor function in the upper body will be enough to propel the bike; fine motor skills and hand dexterity are not as important.

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Following the hand cycling clinic is a Physical Performance and Health Seminar from 5 to 6:30 p.m. in the Patient Dining Room of the Wood Pavilion, Building #7 on the Burke campus. The seminar will feature expert speakers who will discuss the benefits of year-round/off-season training, how to access training resources and getting started in an appropriate program. A complimentary, casual dinner also will be served.

Both events are free but pre-registration is required for each. For more information and to register, call (914) 597-2497 or email aoudhesden@burke.org.

Burke Rehabilitation Hospital is a private, not-for-profit, acute rehabilitation hospital. Founded in 1915, it is the only hospital in Westchester County dedicated solely to rehabilitation medicine. Burke offers both inpatient and outpatient programs for those who have experienced a disabling illness, traumatic injury or joint replacement surgery. The hospital is part of Burke Rehabilitation Center, which also includes Burke Medical Research Institute. Burke’s world-renowned doctors and therapists provide state-of-the-art treatment while its research scientists explore the frontiers of neurological and rehabilitation medicine. All share the Burke mission to ensure that every patient makes the fullest possible recovery from illness or injury regardless of their ability to pay. For additional information on Burke Rehabilitation Center, please visit burke.org.

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