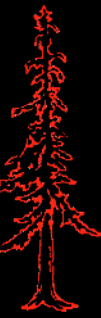


# Benefits of Bicycling for Stroke Survivors with Hemiplegia



1. Bicycling is easier to learn than walking because of the repetitive nature of pedaling, thus providing an excellent means of exercising.
2. Bicycling provides a means of countering the pull modality in the upper limb and push modality in the lower limb.
  - a) Bicyclists lean forward resulting in the upper limbs pushing on the handlebar.
  - b) Bicycling provides beneficial feedback from the healthy lower limb to the impaired lower limb.