

## **CYCLING CLASS PROFILES**

### **Ad 1: Handbike Class H 1**

#### **H 1.1**

- Tetraplegic with impairments corresponding to a complete cervical lesion at C6 or above
- Complete loss of trunk and lower limb function
- Limited extension of the elbow with a muscle score of 6 (total of both triceps)
- Limited handgrip
- Thermo-regulatory system limitations
- Impaired sympathetic nerve system
- Non-spinal cord injury, but functional ability profile equivalent to class H 1.1
- Recumbent position in handbike mandatory (AP-bikes)
- Severe spastic quadriplegic with/without athetosis/ataxic and elbow extension limitation (poor head and very poor trunk control)

#### **H 1.2**

- Tetraplegic with impairments corresponding to a complete cervical lesion at C7/C8 or above
- Complete loss of trunk and lower limb function
- Thermo-regulatory system limitations
- Impaired sympathetic nerve system
- Non-spinal cord injury, but functional ability profile equivalent to class H 1.2
- Recumbent position in handbike mandatory (AP-bikes)
- Severe spastic quadriplegic with/without athetosis/ataxic and no elbow extension limitation (poor to fair head and very poor trunk control)

### **Ad 2: Handbike Class H 2**

#### **H 2.1**

- Paraplegic with impairments corresponding to a complete lesion from Th1 to Th3
- Very limited trunk stability
- Impaired sympathetic nerve system
- Non-spinal cord injury, but functional ability profile equivalent to class H 2.1
- Recumbent position in handbike mandatory (AP-bikes)
- Moderate quadriplegia with/without athetosis/ataxic. Poor trunk control, asymmetry in upper limbs

#### **H 2.2**

- Paraplegic with impairments corresponding to a complete lesion from Th4 to Th9/Th10
- Limited trunk stability
- Non-spinal cord injury, but functional ability profile equivalent to class H 2.2
- Recumbent position in handbike mandatory (AP-bikes)
- Moderate quadriplegia with/without athetosis/ataxic. Poor trunk control, symmetrical upper limbs, severe hemiplegia (non-ambulant), severe diplegia (non-ambulant) and athetosis/ataxic (moderate upper limb involvement, severe lower limb involvement)

**Ad 3: Handbike Class H 3**

- Paraplegic with impairments corresponding to a complete lesion from Th11 or below
- No lower limb function or limited function
- Normal or almost normal trunk stability
- Non-spinal cord injury, but functional ability profile equivalent to class H 3
- Incomplete loss of lower limb function, functional ability profile equivalent to class H3 or H4, with other disabilities, which prevent the safe use of a conventional bicycle, tricycle or the Kneeling position in a handbike
- Recumbent position in handbike (AP-bike)
- Severe diplegia and athetosis/ataxic (almost normal trunk and upper limb function, severe lower limb involvement), hemiplegic with spasticity Grade 2-3, lower limb more involved