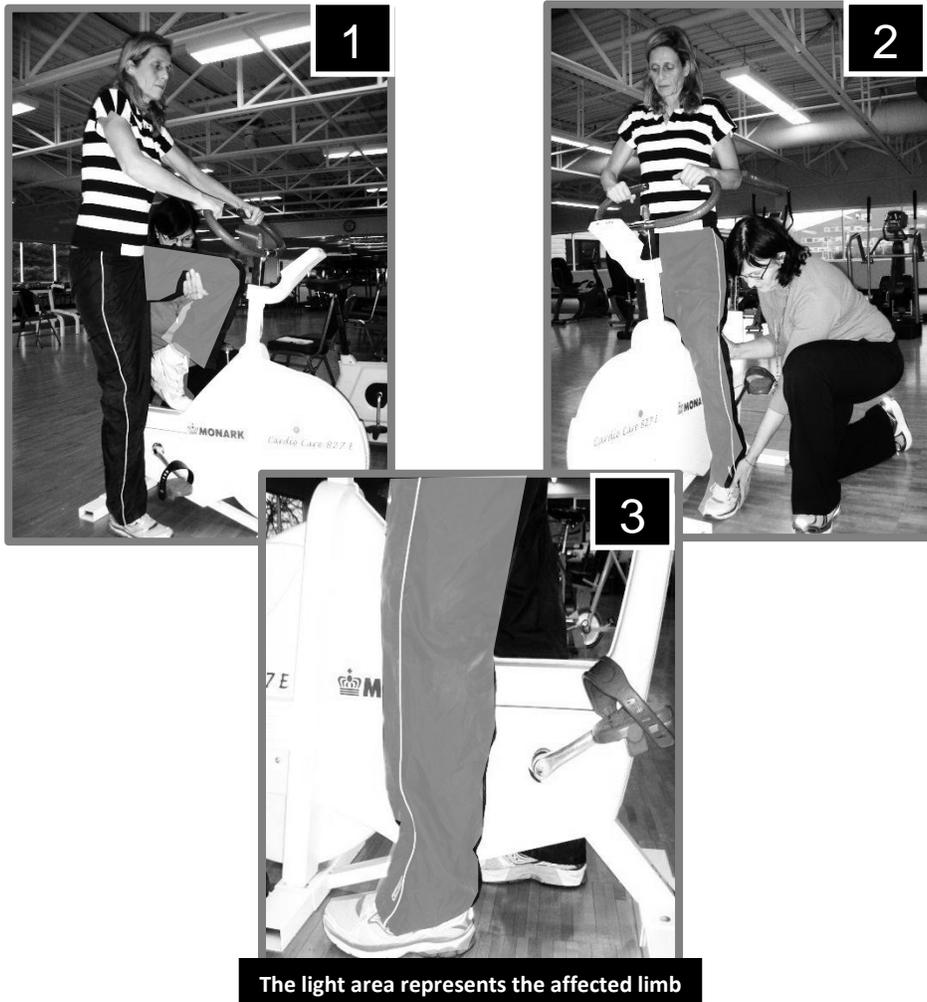


## How to Get On A Stationary Cycle with Assistance

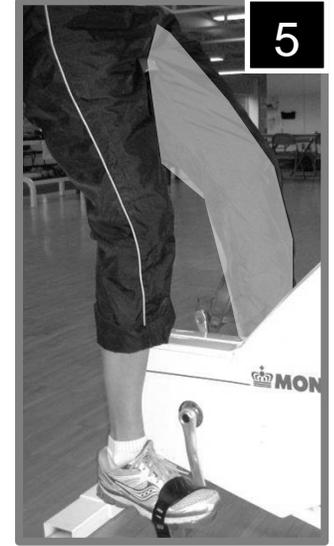
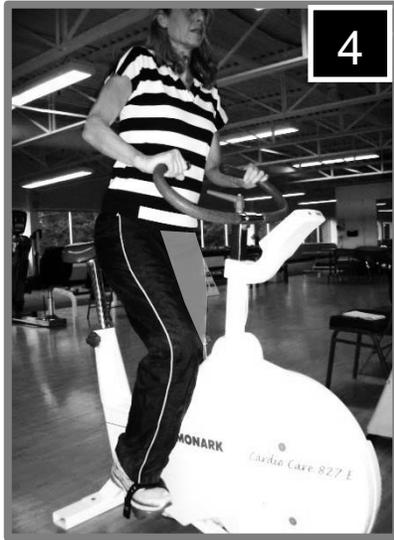
The following instructions can be carried out with or without assistance. Please see your Cardiac Rehabilitation Supervisor if you require assistance with getting on a stationary cycle if you are in a rehabilitation program.



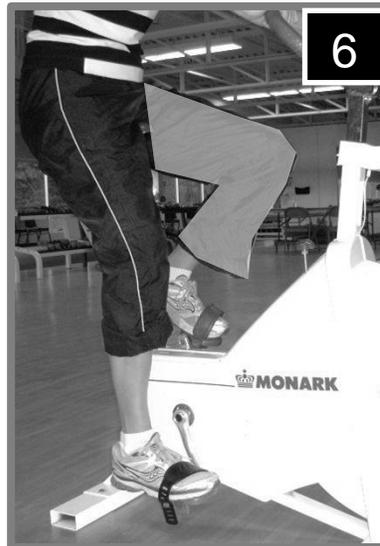
**Figure 1.** Stand to one side of the cycle with affected leg closest to the cycle. Hold the handle bars with both hands if possible.

Assistant: While kneeling on the other side of the cycle, place one hand behind the person's thigh above the knee, supporting the foot with the other hand. Have the person shift their body weight onto the unaffected leg, and assist the person in lifting the affected leg over the crossbar of the cycle.

**Figure 2.** Assistant: Place person's affected foot onto the ground. With both feet firmly planted, proceed to step 4.



The light area represent the affected limb



**Figure 4.** Place the unaffected foot into the pedal.  
While firmly holding onto the handle bars, place weight onto the unaffected foot, and push your body up onto the seat.

**Figure 6.** Lift and place the affected foot in the pedal.