



News Release

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### **Wiggles and Giggles Therapy for Kids™ to Host Annual AmTryke® Fitting Day**

For Immediate Release

**(COLUMBUS, Neb.)** – The annual Wiggles and Giggles Therapy for Kids™ AmTryke® Fitting Day will be held from 10 a.m. to 12 p.m. Saturday, May 13, in the Columbus Wellness Center's multipurpose room.

The event allows people with disabilities to try adaptable bikes and tricycles. Therese Chase, Wiggles & Giggles for Kids™ physical therapist, worked with Grand Island-based Bikes and Trykes of Central Nebraska to build the adaptable AmTrykes® for people who can't use standard bikes.

"AmTrykes® provide an excellent way to exercise, enjoy the outdoors, enjoy others, and do something positive for yourself safely and successfully," said Chase.

Organizers use fittings to find the best AmTryke® for someone struggling with lower or upper body weakness or balance issues. Specialists can adjust the bikes and tricycles to help a person build strength. AmTrykes® can also be modified as children grow. Once fitted, the children get to take their AmTryke® home that morning.

Vincent, son of Estela and Trevor Griffiths was diagnosed with cerebral palsy when he was three. His mom, Estela, says he is very smart and loves anything Mario Brothers. Vincent is now 5 years old and a recipient of an AmTryke®. Due to his muscle makeup and level of balance, he cannot utilize a standard bicycle safely. For Vincent, a wider-than-typical seat was ordered to help with his balance and stability. The heel cups with foot straps help stabilize his feet, allowing for more successful propulsion. Lateral trunk supports and a seat belt improves his alignment and stability while utilizing the tricycle.

Since 2011, Columbus Community Hospital's Rehab Services at the Wellness Center have given nearly 70 AmTrykes® to individuals and families. In addition, with the help of Doug Janssen, director of Rehab Services, the team has been able to refurbish several Amtrykes® which have been returned due to outgrowth, and to provide to additional individuals in need. This year, the group will provide nine Amtrykes® and refurbish several others.

Rehab Services used proceeds from the last two We Can Run, Walk and Roll events for this year's fitting. The AmTryke® company experienced manufacturing issues/delays surrounding Covid-19. Therefore Rehab Services had to wait for Amtrykes® to become available for recipients.

The hospital has held ten We Can Run, Walk and Roll events over the years. The committee has opted not to hold an event this year. The team wants to thank all who have participated, those who helped make the event successful, and those who have spent countless hours putting these AmTrykes® together. To learn more about Rehab Services at the Wellness Center or Wiggles & Giggles for Kids™, visit [columbushosp.org](http://columbushosp.org).

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**Vincent Griffiths is fitted for his AmTryke®.**



**Vincent Griffiths enjoys a ride on the AmTryke®.**