MyWay Pedal
Case Study – Eli
Supporting Children
Eli is a happy 7-year old boy who has cerebral palsy (GMFCS level III). He uses a standing frame and rollator at school and an assisted trike at home. When Eli first trialled the MyWay Pedal he needed help to move the pedals and could not propel more than 2-3 revolutions.

He trialled the MyWay Pedal for 3 sessions per week for 30 minutes over 6 weeks. Weekly diaries charted his progress and outcome measures were recorded before and after the trial.
How has the MyWay Pedal worked for Eli?

- The elliptical pedalling action gave Eli a sensori-motor experience similar to gait.
- The height adjustment ensured Eli could be positioned for the optimum range of knee and hip movement to target strengthening of end-of-range quadriceps.
- The uni-directional and anti-reverse locks initially assisted with forwards momentum when strength was developing. Eli no longer requires these functions and he can steer, negotiating corridors and doorways independently.

Improvements out of the MyWay Pedal

- Eli’s physiotherapist timed how long he could stand with hands held. This improved from 20 seconds to 48 seconds after 6 weeks using the MyWay Pedal.
- Class staff have reported that “Eli is now able to stand up much straighter and needs less help in and out of his wheelchair than before”.
- For the first time, Eli has also managed to descend stairs by stepping instead of transferring on his bottom.

Eli continues to enjoy his Myway Pedal and is now a proficient and skilful user.