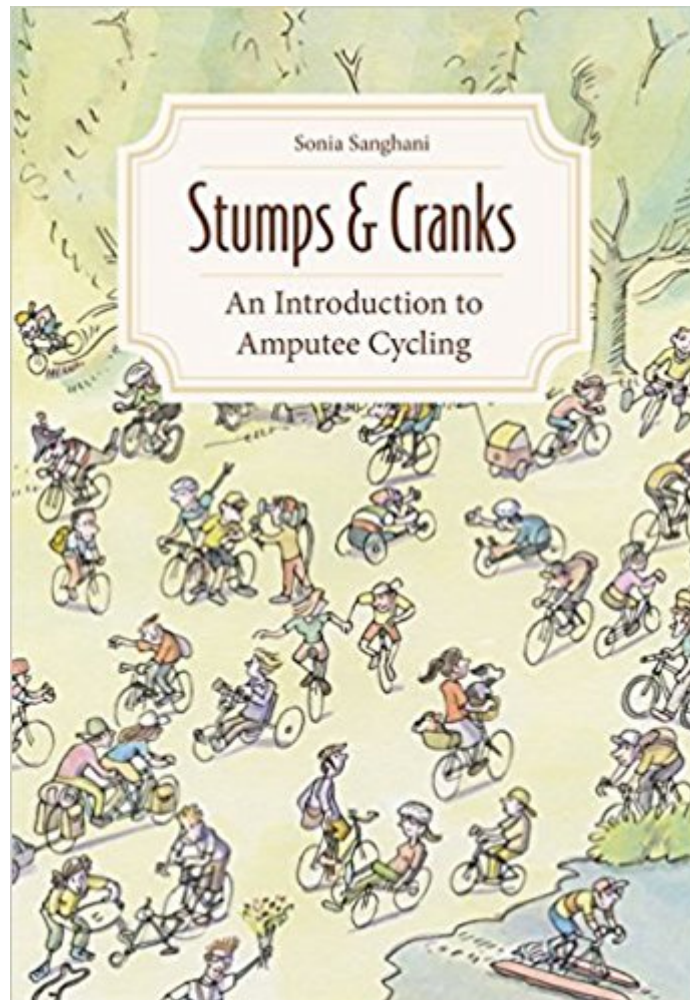


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# Stumps And Cranks: An Introduction To Amputee Cycling



## Synopsis

Many amputees want to know how it feels to be able to cycle, and some even want to be professional amputee cyclists. The disability market offers many options for amputee cycling. This book shows you how to get started and take those exciting first steps on your way to a higher level of mobility and independence. The contributions in this collection are written by some of the best-known amputee cyclists in the world, including Margaret Biggs, Rajesh Durbal, Mark Inglis, and Keira Roche. Their achievements are nothing short of remarkable whether cycling around a velodrome at the Paralympics or around the world raising funds for charity. This guide offers great advice from experts and ordinary cyclists alike for arm, leg, combination, and all matters of amputee cycling. The book includes tips not only on the vast arrangement of two wheelers, but also tricycles, recumbents, handbikes, tandems, unicycles, electric bikes, and more specialized cycling forms designed for the disability market. The book offers practical tips and stories, imagery, photographs, and much more to help you or a loved one firmly connect with cycling as an activity that can be done despite a disability.

## Book Information

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## Customer Reviews

Sonia Sanghani will tell you quite frankly that she has been a rather boring non-cyclist amputee for over 10 years. As a fairly enthusiastic beginner, she decided she wanted to read a book about amputees who cycle. Sometimes, if you want something you have to go out and get it and that is exactly what she did. A lot of emails, phone calls, and typing later, here is the result: a cycling book for amputees. It is a compilation of cycling experiences from around 50 amputees of all

backgrounds at various stages of their cycling ability. Some are absolute beginners and others are Paralympians; all share a deep passion for cycling and can't wait to share that enjoyment with others. These stories are sourced from all over the globe.

STUMPS & CRANKS is a great resource for amputees considering cycling. This book is jammed with practical details, and encouraging stories on how an amputee can get started in this sport. The author explains that she led a boring life as a non-cycling amputee for many years. Then, she began cycling, and wanted to see how other amputees fared. She investigated amputee cyclists from around the world to see how they were able to participate in the sport, despite their disabilities. There are mini-biographies and tips from cyclists from all over the world. Scattered throughout STUMPS & CRANKS are brief "From the Amputees" sections that allow amputees to explain how they cycle, and the type of equipment they use. I thought these sections were perhaps the most useful part of the book, because they explain how others have managed to succeed in this sport. For example, one cyclist from Croatia, Mirsad Tokic, suggests a BMX-style pedal for leg amputees. Different cyclists use different types of bikes. Some use a "kneeling handcycle or a recumbent hand cycle. There are bikes shown that I never even knew existed. There is special equipment that amputees can adapt for cycling. One encouraging example comes from Jon Pini from the U.K. Jon relates his experiences in falling after he hit a tree stump: "I went over the handlebars, but I was lucky enough to land in bracken and heather. My arm was still on..." Jon explains the system he uses to attach his prosthetic arm, and also relates his experience on building confidence in cycling: "As you get used to cycling, confidence levels increase, and you develop a rhythm." One funny story from a cyclist in Switzerland preparing for training relates how his prosthetic leg felt funny, and hurt a bit. "I removed the sleeve and that leg--and discovered a dead mouse inside!" (Moral of the story--always check for dead mice in your leg.) Besides biographies of many amputee cyclists, the author explains equipment options and basic bike maintenance. Other chapters cover nutrition, and choosing safe bike routes. The author provides training plans to help the new cyclist get started. There are two chapters on Cycling Basics. Part I covers things like transporting your bike, moving the bike onto a trailer, and how to put on a helmet. Part II covers topics such as "Looking Behind," signaling, and even "Falling off." The last chapter is entitled, "Expert Stuff." Sonia explains the different type of competitions that one can enter, or even how to become a cycling instructor. The book concludes with stories from champion amputee cyclists. Sara Tretola from Switzerland explains how she "dreamed of taking part in the Paralympics in Athens." She had one chance to qualify, and it meant a long drive to the trials in Germany. At the race, "The start gate opened, and I

pedaled as hard as I possibly could...I cycled round and round to the point of exhaustion.... I gave my best. I was chosen for the Paralympics in 2004 in Athens."STUMPS & CRANKS is one encouraging book! This book is full of practical encouraging ideas from amputee cyclists all over the world. This is a great book showing how amputees can participate in the great sport of cycling.Advance Review Copy courtesy of the author.

I have read a lot of books about cycling, and this is the first one in a long time that I couldn't put down. At first, I was amazed at how many case histories (relating to amputation) are packed into this book, as it's not just one person's account of riding a bike despite an amputation. Instead, this book is a collection of varied experiences and voices. I guess I should say that I haven't had any of my own limbs amputated, and this seemed to add to my fascination when reading this book. I'm guessing readers who have experienced amputation will approach this book looking for practical ideas; but I approached it finding nothing but pure inspiration. The book is simply dripping pure inspiration about how people can find ways to not only "move on," but "ride on!"In this book, people from all around the world tell their stories about amputations that result from everything from war to sickness to accidents -- and then everyone finds the bicycle as this liberating transportation technology. Some described in the book race bikes, others ride them for recreation, and still others integrate bike riding into their work day.I can't imagine a more exhaustive volume on the topic could be written and compiled. It includes the individual stories of many people, but also details about prosthetic options, human-to-bike integration and adaptive technology, and discussions of various relevant health issues. Unlike many of the low-quality/self-published books I've read from lately, this one is professionally laid out and edited. It's a truly refreshing volume that I'm going to be thinking about for a long time.As a lifelong avid cyclist, I have to be frank: I'm amazed at how important bikes have been to so many people who have experienced amputations. I simply never knew about this topic, and this book has opened my eyes to so much.I received a copy of this book as a free sample from the publisher. My thoughts here are unbiased, honest, and entirely my own.

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