

Mobility is a wonderful thing, when you've got it

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(on left) Gregory Davis out for a ride with a friend.

DEER PARK, NY - Mobility is a wonderful thing, when you've got it. It represents freedom of choice. You can be here or you can be there. If you don't like the current landscape you can move. It's safe to say that mobility enhances every aspect of one's life.

It's a simple thing really, your mind tells your brain to tell your legs and feet to move, and they do. But when one is struck by a debilitating illness or has a serious accident, it can interfere with that "simple thing."

Several years ago I was diagnosed with [multiple sclerosis](#) (MS), a disease that attacks the brain and spinal cord (central nervous system) by destroying the protective "sheath" around the nerve, causing it to "misfire," much like a frayed electrical cord. This eventually leads to a loss of coordination and mobility.

Since there is no known cure for MS, I was confronted with a future in which my mobility would eventually be greatly reduced. When there is no longer the internal communication within the body that we often take for granted, mobility becomes complicated... if it takes place at all.

There are certainly many of us who have experienced these complications, or have friends or family members who have. If you're the caretaker or parent of someone who has serious challenges to their mobility you understand completely what I'm talking about. You've become expert at getting the

wheelchair in and out of the car or van, finding the handicap parking and being there in case of a fall or stumble. Often times, this is the best we can do.

But, what if it's not the best we can do? I thought this myself. Is this the BEST I can do to get mobile?

That question stayed with me until my world was rocked by the discovery of a [recumbent trike](#). I saw it first "in my mind" and then, where else, on the internet. I knew I'd seen these somewhere. But what were they really, and where could I find one?

After much research and searching amongst dozens of bike shops, I finally found one. I approached it cautiously. What was this strange sleek looking (dare I say sporty?) contraption that looked like a cross between a go-cart and a bike, with three wheels and a reclining seat?

And, could I actually get in it, and once securely in, pedal it? The simple answer was yes, and YES! So there it was, my "magic carpet," my mobility device that was going to whisk me away, like the wind, to new adventures and... sweet mobility.

Now, I'm on a mission. I want to tell everyone, especially those who want to be more active, those who want a relaxing, exciting way to get more exercise and enjoy the beauty of nature, and especially to those who want to be mobile again. [A recumbent trike just might be the ticket.](#)

I have learned to live with my MS, and I still must walk with a cane. But, with a recumbent trike I've gotten my mobility back. Perhaps it can be an option for you or a loved one. Think about it. Short of breathing... there aren't many things more precious than mobility.

Gregory Davis is the owner of Your Trike Spirit, a recumbent trike shop on Long Island, N.Y. He can be reached at: www.YourTrikeSpirit.com.