**Health & Mobility Guide**



**for Wheelchair Users**

motivation

quality of life

website: www.motivation.org.uk

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notes

transfer techniques

Clients name:

Your local service provider is:

*(Please use your organisation stamp or fill out the details below)*

Organisation name:

Address:

Telephone number:

Your therapist is:

Your technician is:

Your next appointment is:

Date with comments

etc.

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| --- | --- | --- |
| date | time | with |
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notes

Congratulations

on acquiring your wheelchair !

This booklet is a reference guide for the training you have received from your service provider. Your service team will go through this booklet with you and instruct you in wheelchair care and health management relevant to your personal needs.

It is very important that you take care of your health and your wheelchair.

This booklet covers:

1 How to handle your wheelchair

2. How to transfer in & out of your wheelchair

3. How to move while in the wheelchair

4. Pressure relief management and techniques

5. Other instructions given by your wheelchair service team

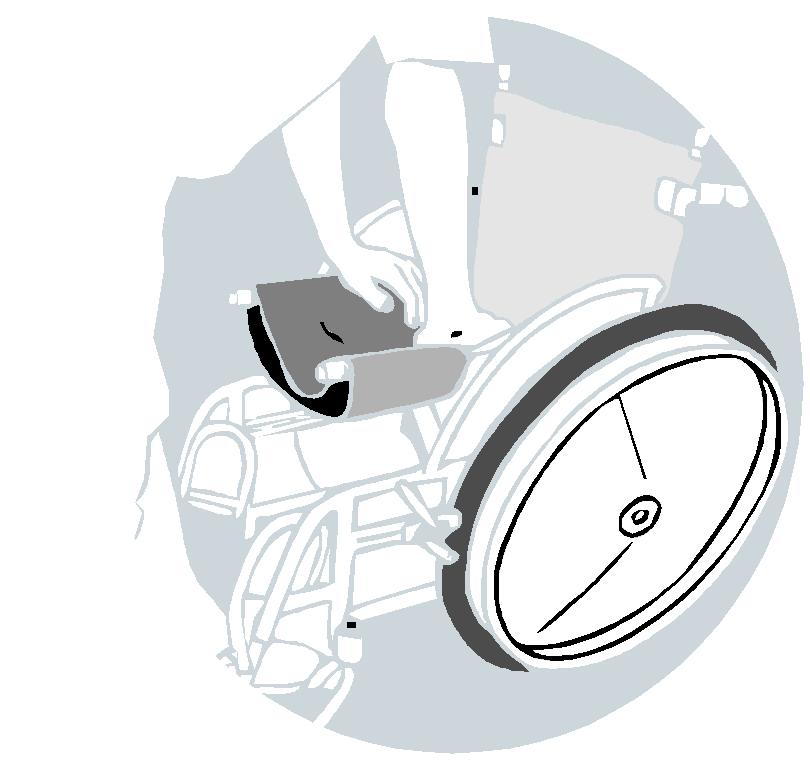
Remember to approach your service team if you require more information or instructions.

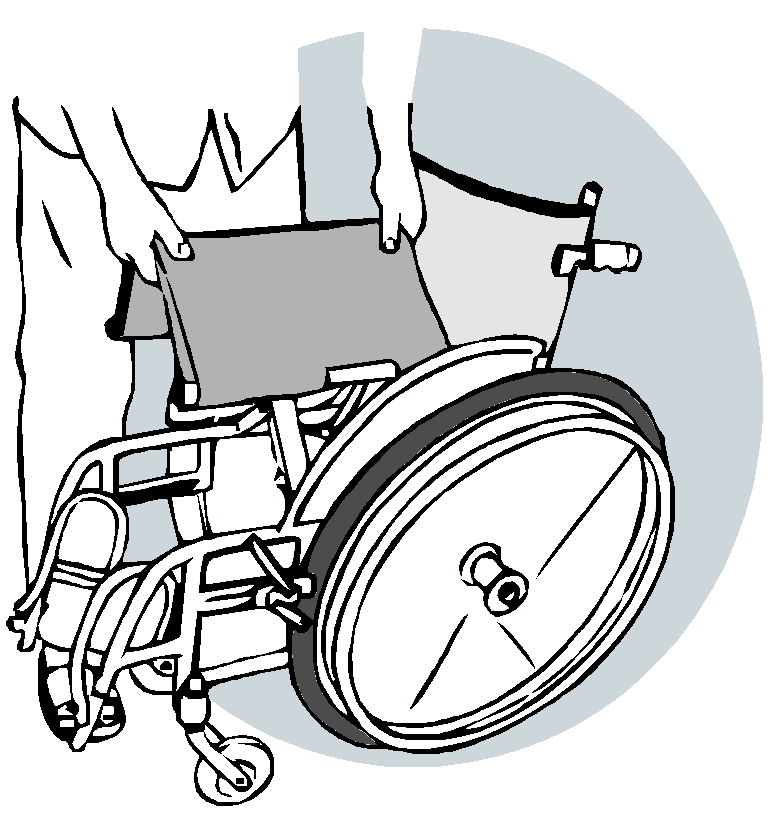
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**wheelchair users**

**wheelchair users 01**

wheelchair handling

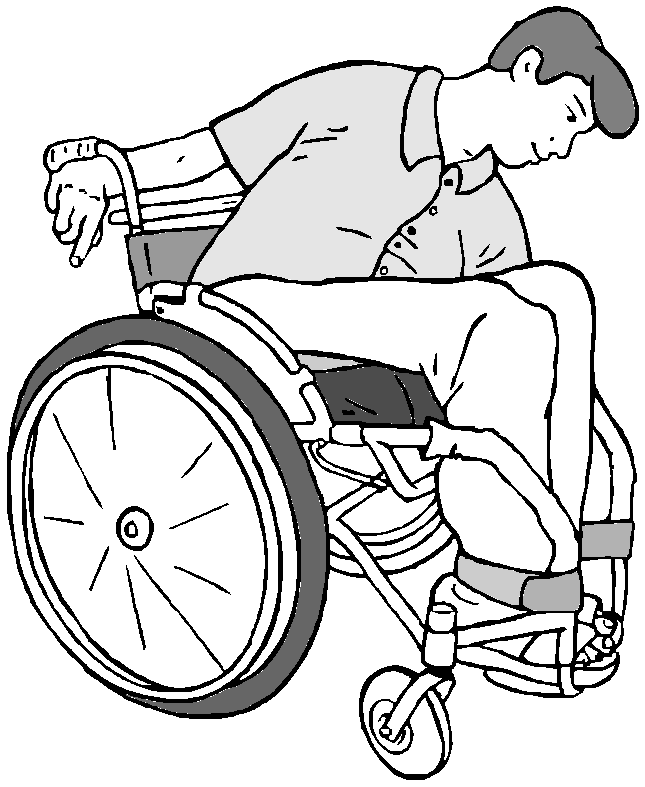




pressure relief techniques

**Side to side leaning**

**For users with high level spinal cord injury**

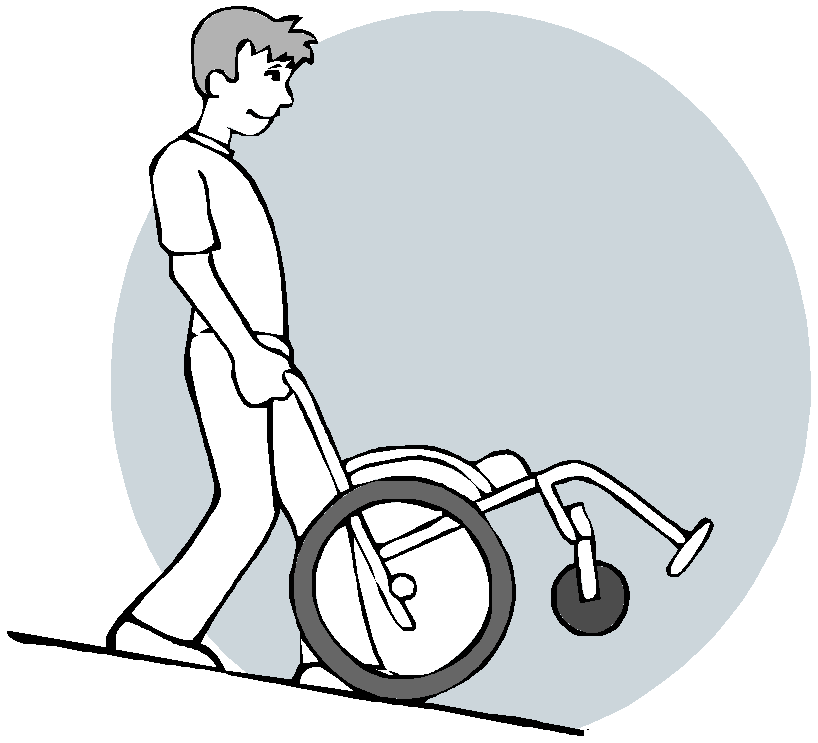


Hook right arm behind push handle for stability.

Lean to the left side for at least 15 seconds every half hour.

Repeat this for the right side.

folding the wheelchair



unfolding the wheelchair

**Bending forward**

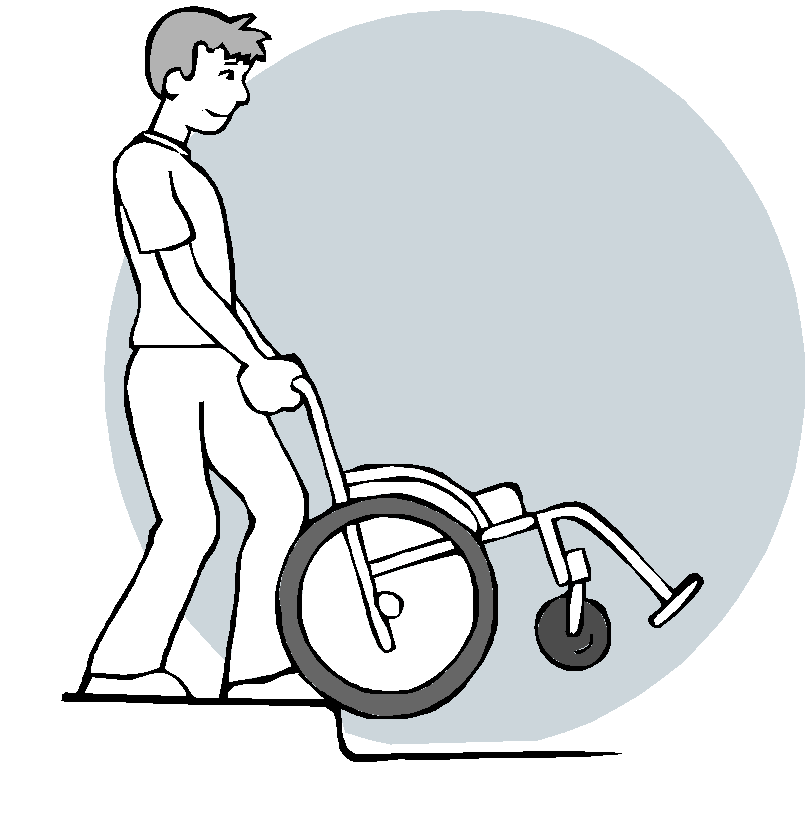


Lean forwards in the wheelchair to relieve pressure off the back and buttocks. An assistant should be in front of the user when doing this technique for safety.

A person with a high level spinal cord injury may need assistance to go down and get back up.

moving wheelchair down a ramp or slope

moving wheelchair up or down a step



Be careful with wheelchair users who have blood pressure problems as they might get dizzy.

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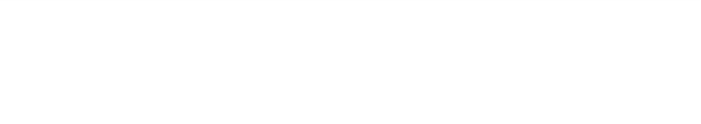
**wheelchair users**

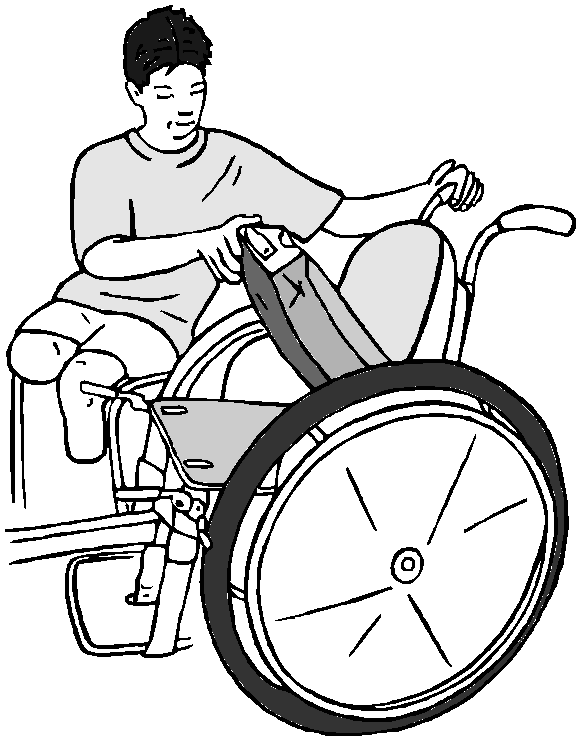
**15**

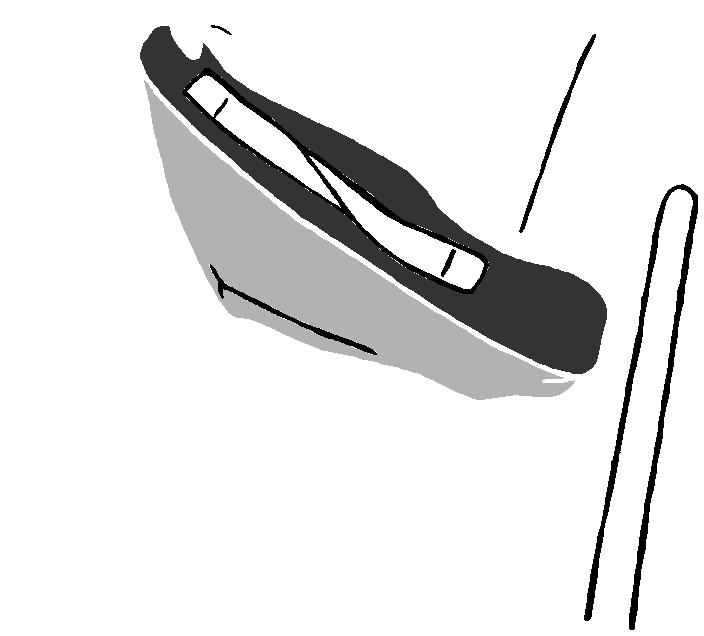
pressure relief techniques

wheelchair handling

**Push up**



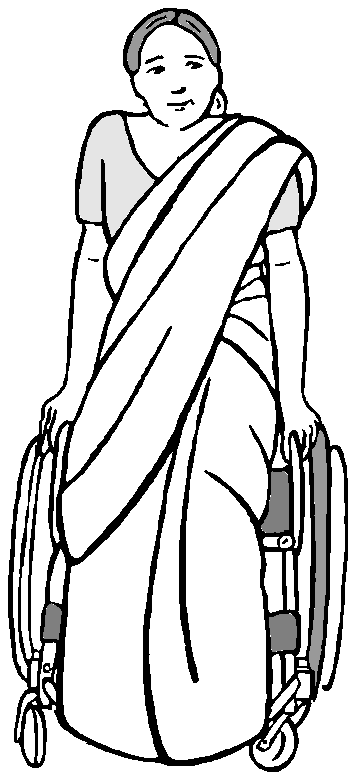


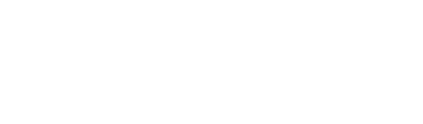


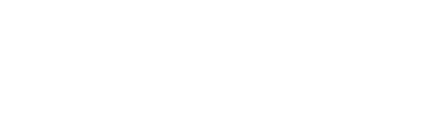














Push up on the armrest for at least 15 seconds every half hour.

You will need good upper body strength to practise this pressure relief.

**Side to side leaning**

**For users with low level spinal cord injury**

Lean to each side for at least 15 seconds every half hour.

**Checking the cushion**

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Make sure the cushion is thick enough.

Make sure the cushion is as thick as when you received it.

When the cushion becomes thinner, you must get a replacement from your service provider.

Check if there are any objects for example, keys) on the cushion.

**Putting the cushion on the seat**

Make sure the cushion is placed correctly on the seat. The cushion ‘well’ should be at the back.

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wheelchair handling

how to take care of the cushion cover & cushion

how to check and prevent pressure sores

**Washing the cushion and cover**





Wash the cushion and cover with

skin normal colour

check risk areas immediately after using a wheelchair

skin looks red or darker

if there is a blister or wound go to a doctor immediately

soap and water if it becomes dirty or wet with urine.

continue normal pressure relief routine

skin returns to normal colour after 10 minutes

increase pressure relief techniques

reduce time spent in wheelchair

skin does not return to normal colour after

10 minutes

keep pressure off area and stay out of wheelchair until colour returns to normal

identify the cause and try to correct

keep pressure off area and stay out of wheelchair until area or wound has healed

identify the cause and try to correct

monitor every day

**Drying the cushion and cover**

**2 hours**



Dry the cushion and cover under the sun if it gets wet.

DO NOT leave the cushion in the sun when it's dry.

Leaving the cushion in the sun for a long time will damage it and it will break more quickly.

**Remember to take breaks from sitting.**

for example lie on your stomach during the day

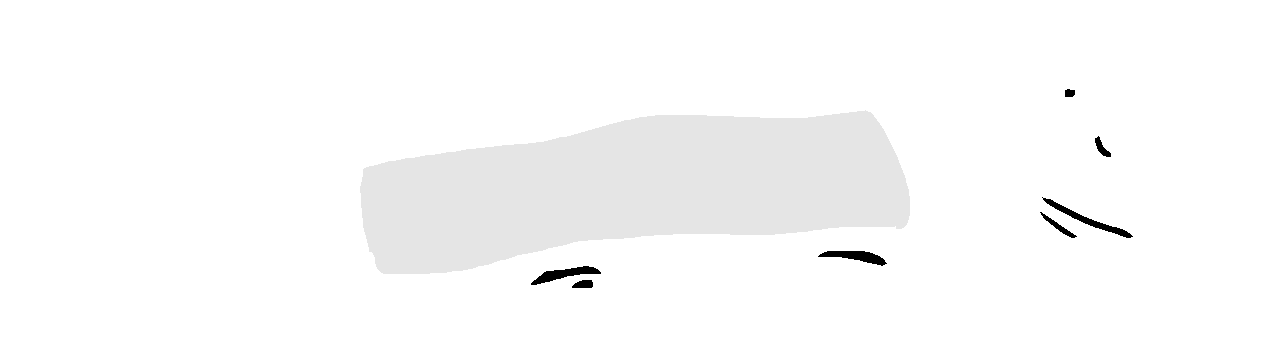
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pressure relief management

independent transfer techniques

**Remember**

Any part of the user that comes into contact with the wheelchair can be an area where a pressure sore develops.

All wheelchair users are at risk of a pressure sore.

It is easier to prevent pressure sores than to treat them. Pressure sores can usually be prevented by

Pressure relief techniques

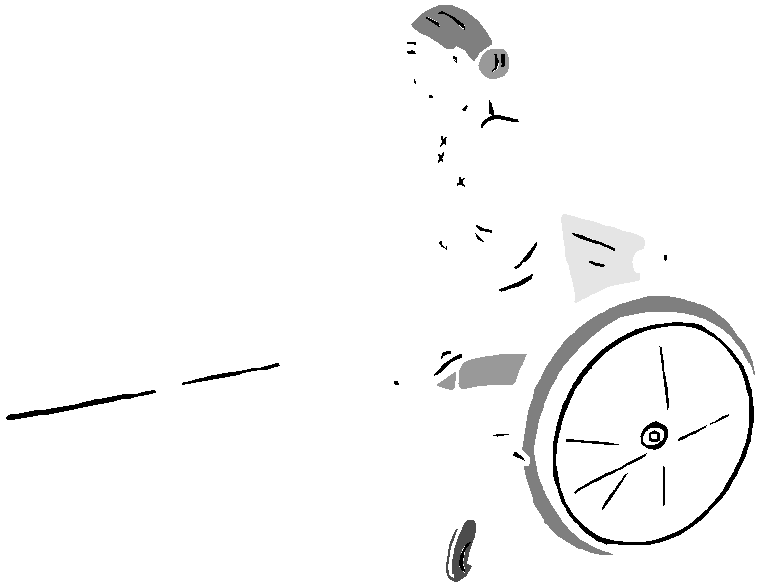
Use of a pressure relief cushion

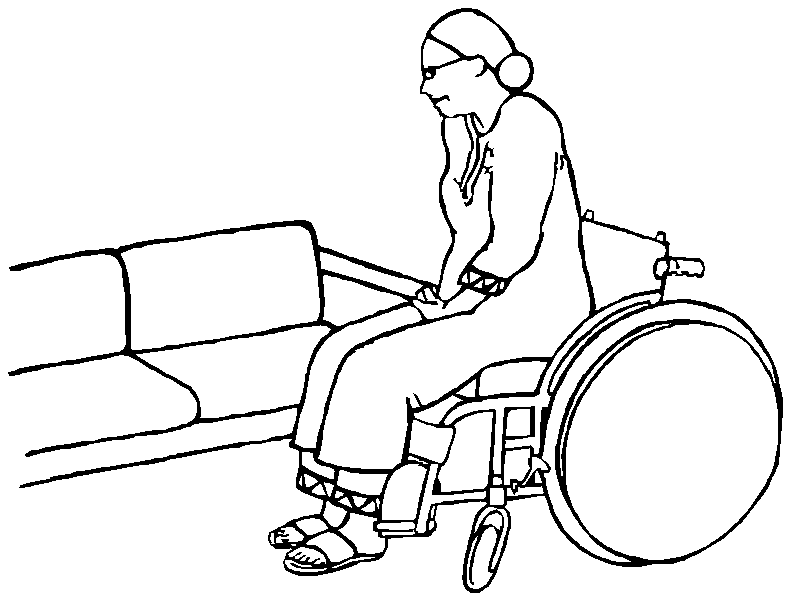
Good posture

Regularly changing position

Checking the skin regularly

**Independent standing**





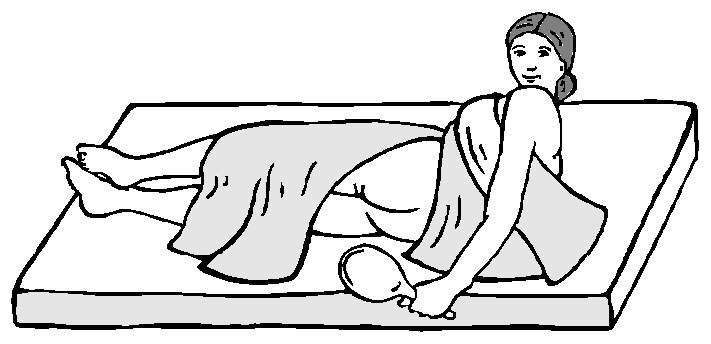
Position wheelchair close and at an angle

Brakes on



Footrests up

**How to check for pressure sores**



Check daily as part of a regular routine.

- Before getting out of bed in the morning

- Before going to sleep at night

A mirror can be used to check parts of the body that cannot be seen.



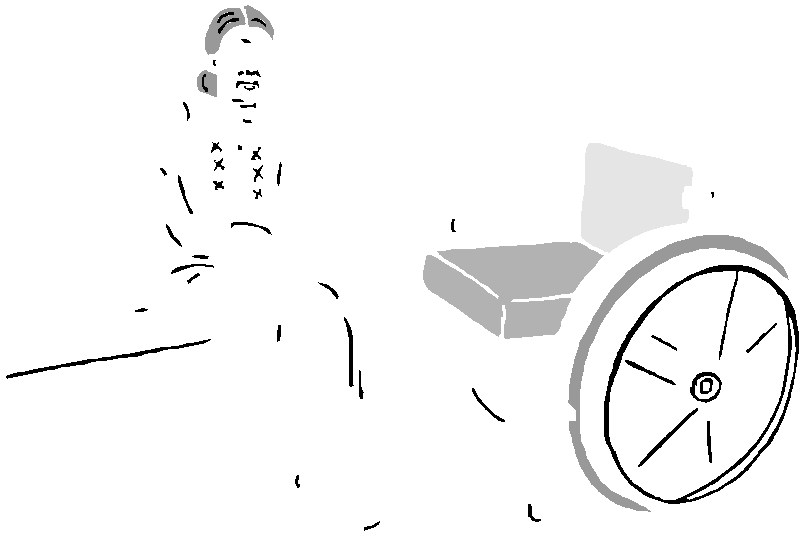
An assistant should check if a wheelchair user is unable to do this themselves.

Move forward in wheelchair

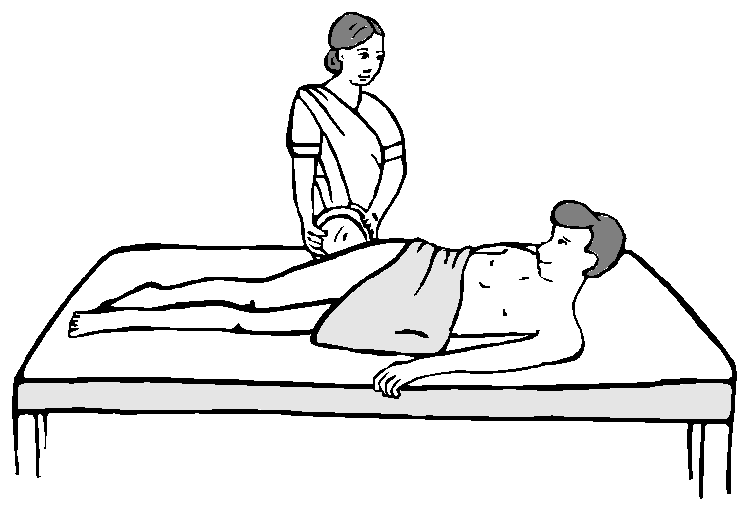
Position feet clear of footrest

Use arms for assistance

and transfer from the wheelchair to the chair



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**wheelchair users**

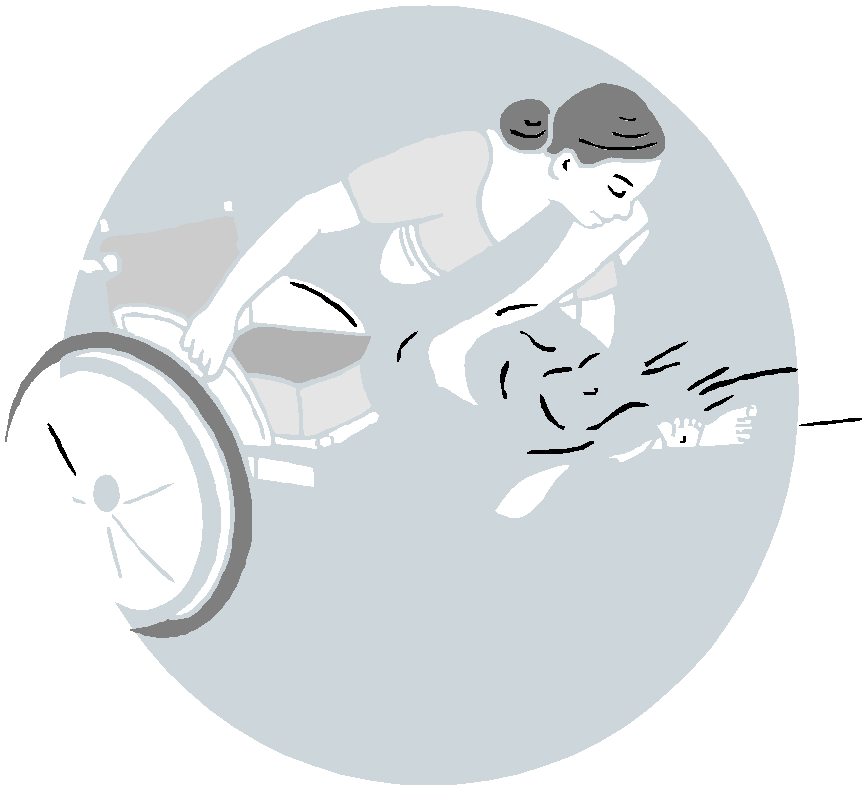
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**wheelchair users**

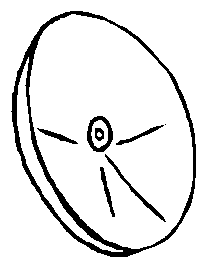
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independent transfer techniques

**Independent non-standing legs up**







Position wheelchair close and at an angle

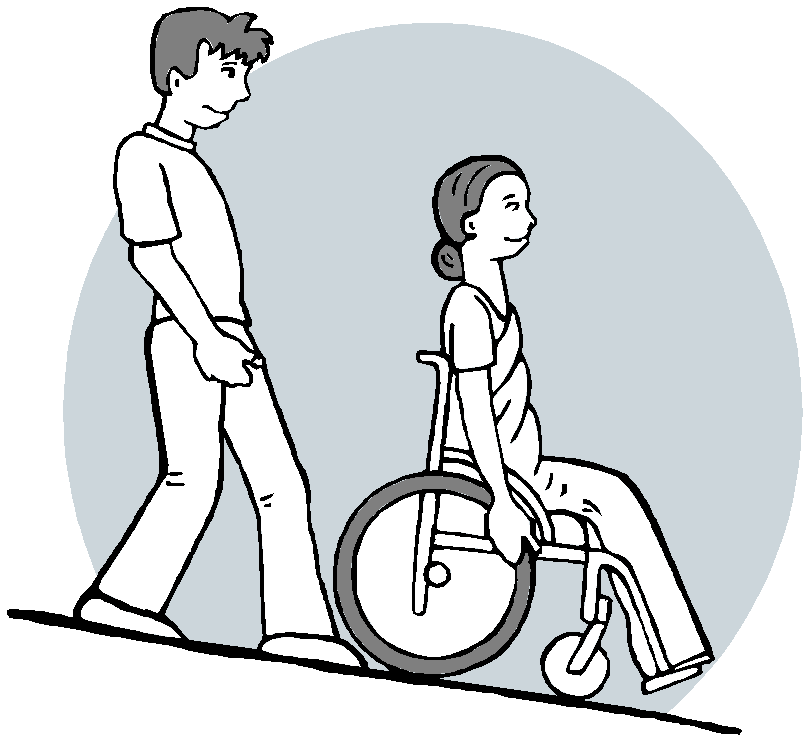
Brakes on

Move forward in wheelchair Position feet clear of footrest Lift the feet onto the bed

Use arms to transfer

wheelchair mobility

**Propelling down slopes**

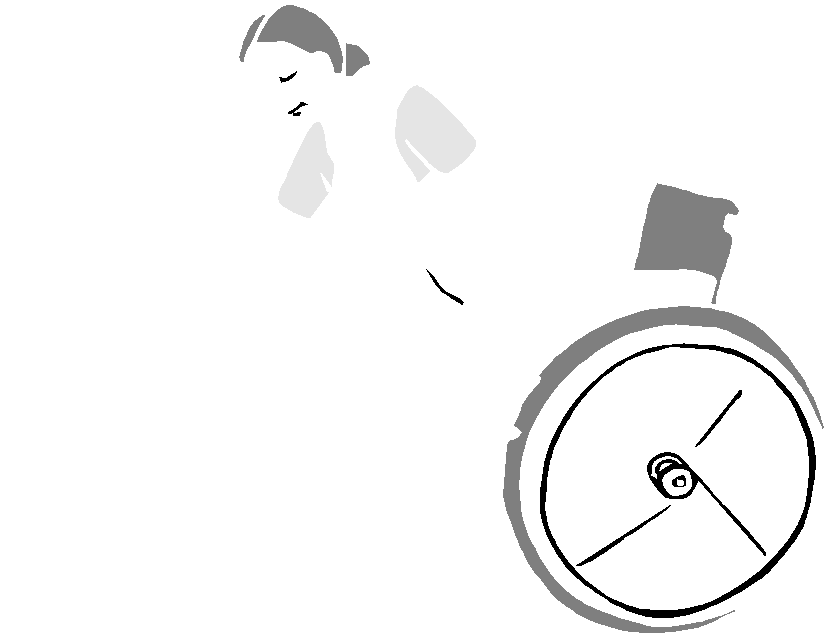


Lean backwards and let the push rim slowly slide through fingers.

Arms should be forwards and straight with equal pressure on both hands.

Be careful at the bottom of a slope. Footrest might catch on the level ground and might tip the wheelchair forwards.

**Independent non-standing legs down**



**To go up and down a flight of stairs**

Position wheelchair close and at an angle

Move forward in wheelchair

Brakes on

Position feet clear of footrest

Use arms to transfer

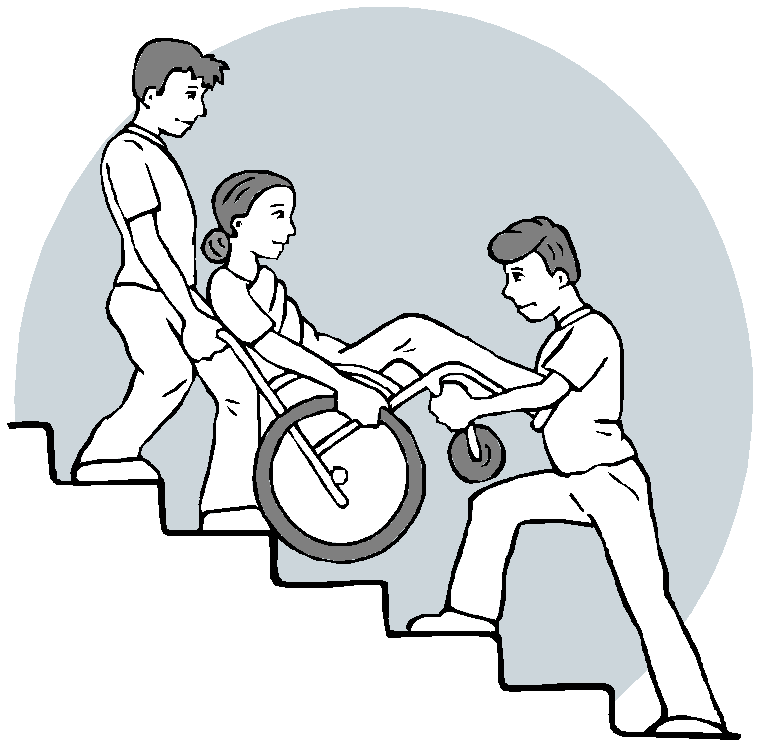
Position the wheelchair with the rear wheels against the bottom

step. The rear helper tips the wheelchair into a tilted back position.

The second helper holds the front of the wheelchair frame – NOT the footrests or the user themselves.

On the count of 3 the helper pulls up and back on the next step and the lower helper pushes up and back.

Repeat for each step slowly steadying the wheelchair on each step.



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**wheelchair users**

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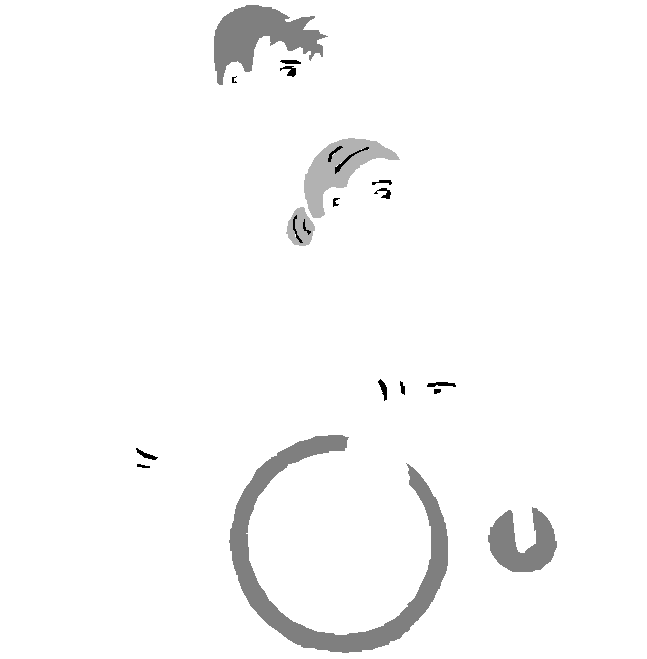
**wheelchair users**

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wheelchair mobility

assisted transfer techniques

**Pushing user over rough ground**



**Assisted standing**

The assistant tilts the wheelchair on it’s back wheels.

The assistant needs to tip the wheelchair back to a point where it is balanced but will not tip over.

The assistant needs to have good control on both push handles.

User pushes the wheelchair from the front of the wheels to assist.

Position wheelchair close and at an angle

Brakes on



Footrests up

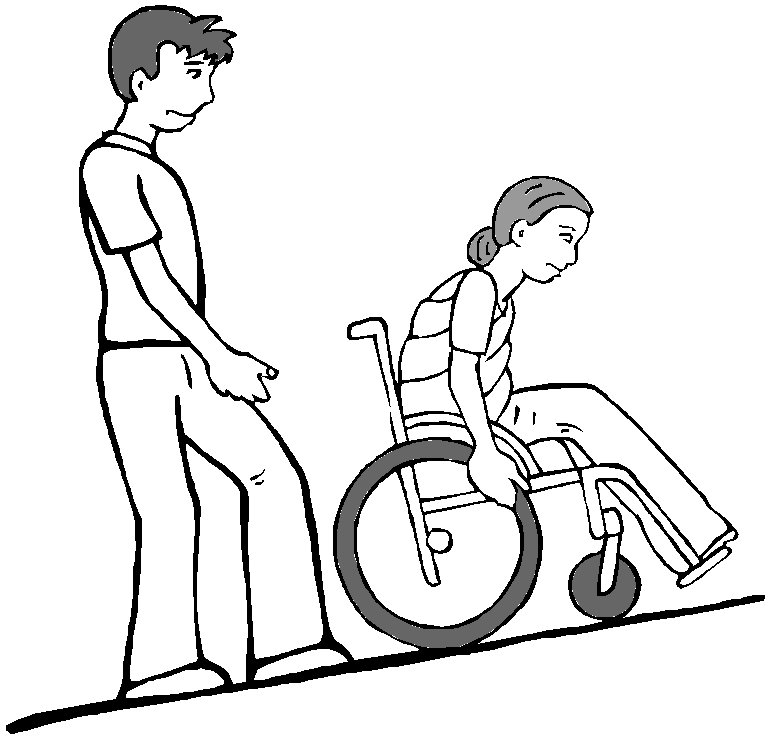
Move user forward in wheelchair Position feet clear of footrest Helper uses knees to block the user’s legs

Helper’s arms outside user’s arms and squeeze

Lean user forward

User holds around helper’s waist Main helper counts '1,2, 3 lift' Second helper assists lift

**Propelling up slopes**



**Assisted non-standing**

For steeper slopes, an assistant should stand behind the wheelchair.

Hands should be ready on the push handle to hold the wheelchair if it tips backwards.

Position wheelchair close and at an angle

Main helper has one foot on the floor and one knee on bed

Fold user's arms

Main helper puts their arms through user’s arms

Main helper holds user’s forearms and squeezes against chest

Main helper counts '1, 2, 3 lift' Second helper lifts user’s legs



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**wheelchair users**

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**wheelchair users**

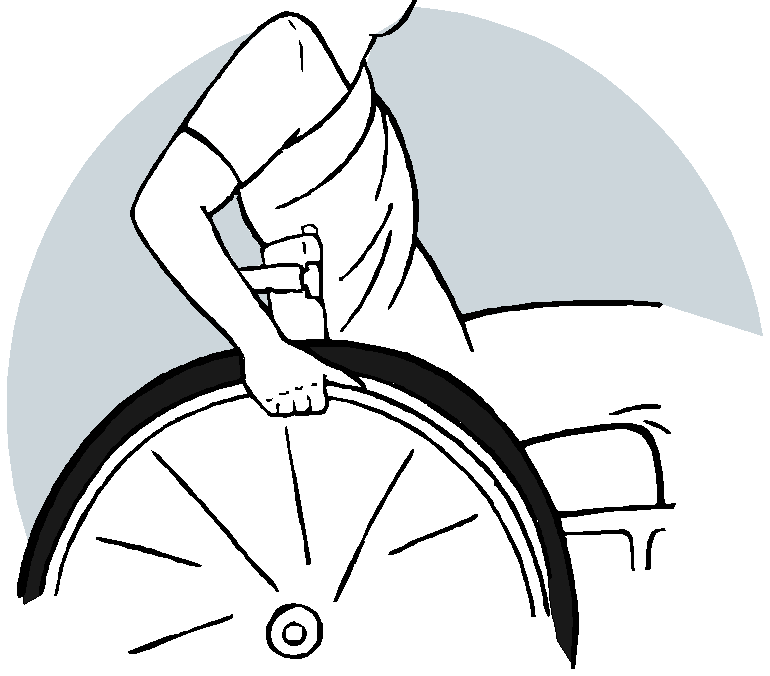
**07**

wheelchair mobility

wheelchair mobility

**Hand position for pushing Stopping the wheelchair**

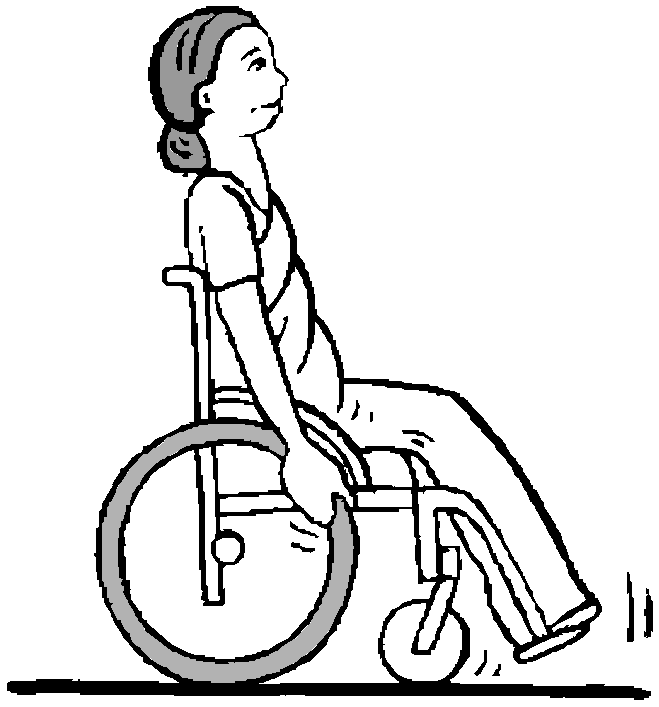
Push rim between pad of thumb and curled fingers



Lean backwards with arms straight

Squeeze the front of the push rims to slow down

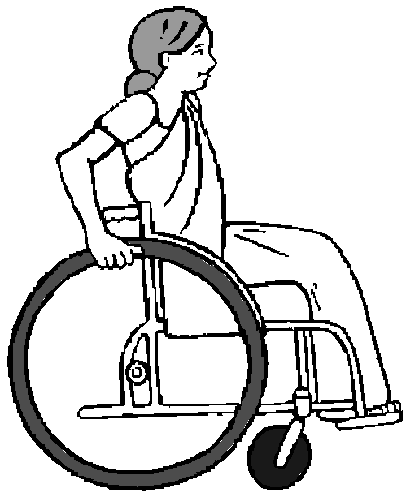
Do not suddenly grip tight as the wheelchair may tip forwards

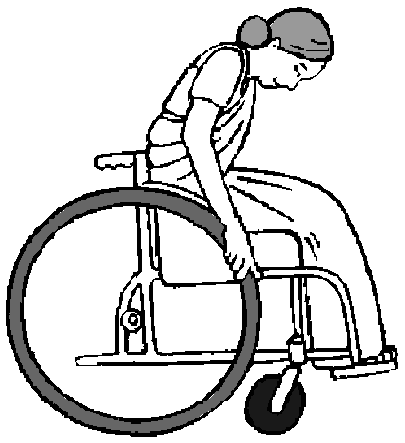


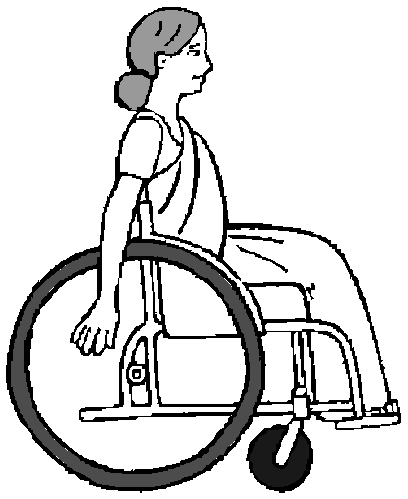
**Propelling forward**

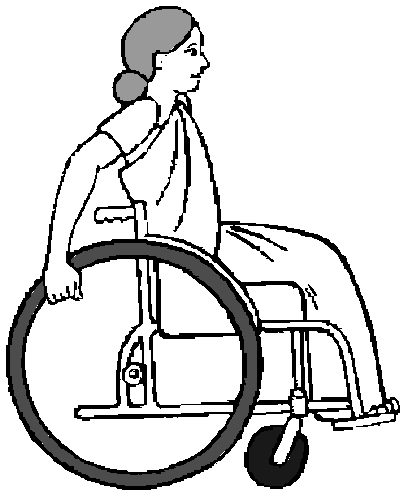
Before starting to push, get in a pushing position

Pushing position: Bend your head or head and body forwards slightly









**Turning the wheelchair**

To turn push forwards with one hand



At the same time the other hand propels backwards

Push with the hands on the top of the push rims

Push with arms outstretched to the front of the wheelchair

Let arms swing back before starting the push again

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