



What is a Wheelchair?

A wheelchair is a piece of durable medical equipment. A wheelchair can increase your quality of life and give you a feeling of independence and freedom. Wheelchairs can be used to reduce the risk of falls, decrease pain and fatigue, and limit weight bearing on a specific body part.

Parts of a Wheelchair

- **Closing your wheelchair:** Grab the front and back of the seat and pull up.
- **Opening your wheelchair:** Push down with both hands against the seat rails.
- **Locking the wheels:** Push forward on the lock.
- **Unlocking the wheels:** Pull back on the lock.
- **Folding footplates into a vertical position:** Lift up on the inside of the footplates.
- **Releasing the front rigging:** Activate the release mechanism and swing the front rigging to the side of the wheelchair. From this position, the front rigging can be lifted completely off the chair. To put the front rigging back on the chair, put back on and swing front rigging towards the front. It will automatically lock in the front position.
- **Elevating the leg rests:** Lift leg rest up to the desired position.
- **Lowering leg rest:** Make sure you support the leg rest with one hand and with the other hand use the elevation release mechanism.
- **Footrest length adjustment:** Loosen the adjustment bolts with a wrench. Slide the footplate up or down till you have the correct position.
- **Removing detachable arms:** Release the arm lock and lift the arm from the center. To put your arm back on, reverse this step.
- **Using tipper levers:** With assistance the wheelchair can negotiate curbs and make level changes. This is done by using the tipping lever. Apply pressure with one foot at the end of the tipping lever while pressing down on the push handles of the wheelchair.

Cleaning

It is important to keep your wheelchair clean to prevent infections. To clean your wheelchair, wipe it down with a clean, damp cloth. Regular maintenance is also important for your wheelchair. When you are cleaning your wheelchair make sure you remember to take note of any wear and tear you might find.

Safety Tips

- Lock the breaks before getting into and out of your wheelchair
- Before getting in and out of your chair, lift the footplates up.
- Do not hold onto parts that are removable when folding the wheelchair.
- To prevent circulation problems, always use the foot/leg rests.
- Do not stand on the footrest.
- Keep loose objects away from wheels.
- Don't reach for an object while sitting in the wheelchair.
- Do not put a heavy bag on the back of the wheelchair.
- The footplate must be at least 2 inches above the floor to provide safe clearances.