

Manual Wheelchair

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What is a manual wheelchair?

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A manual wheelchair is a chair with wheels. Some chairs can be moved by the occupant turning the rear wheels by hand. Handles behind the seat also allow the chair to be pushed by another person.

When do I use a manual wheelchair?

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A wheelchair is used if you are feeling unsafe, weak or unbalanced while standing, or if you are only partially weight bearing (eg recovering from surgery). Please call your local community service team or speak to your Doctor about a referral to an Occupational Therapist. An Occupational Therapist will recommend you to use wheelchair if necessary.



How should I adjust a manual wheelchair?

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The wheelchair should be measured to suit you to allow ease of transfer and correct posture. The measurement should be done by an Occupational Therapist. An incorrectly fitting wheelchair can lead to muscle and joint pain, and poor posture.

Some features that are optional or can be adjusted are:

- Armrests come in different lengths and are height adjustable, fixed or detachable
- Footplates are fixed, swing away or detachable
- Frames can be folding or rigid
- Seats can be designed to accommodate a pressure relieving cushion
- Rear wheels come in various sizes and different weights are available
- Front Castors are air filled, solid or foam filled

Your Occupational Therapist will decide what features are the best for you.

Occupational Therapy Departments (St George, Sutherland and Calvary Hospitals)
Locked Bag 21, Taren Point NSW 2229

If you need an interpreter, please call TIS National on 131 450

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What precautions should I take when using a wheelchair?

What precautions should I take when using a wheelchair?

- Sit well back in the wheelchair
- Always apply the brakes and have footplates up when standing up
- Do not stand on the footplates, as the chair will tip forward
- Keep arm rests securely in place and in the correct position
- Ensure your feet rest securely on the footplates. Keep your hands, arms and fingers clear of the wheel spokes so they cannot become entangled
- Keep your body weight forward when going up an incline
- Travel slowly down inclines to maintain control of the wheelchair

How do I care for a wheelchair?

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Daily maintenance:	Weekly maintenance:
<ul style="list-style-type: none">• Wipe down the chair with a clean damp cloth	<ul style="list-style-type: none">• Check the tyre pressure
	<ul style="list-style-type: none">• Clean the upholstery with mild cleaning solution
	<ul style="list-style-type: none">• Clean and check front castors for wobbling and alignment
	<ul style="list-style-type: none">• Check that the brakes are secured tightly to the frame and are activated easily
	<ul style="list-style-type: none">• Check the wheels to ensure that the spokes are intact and hand rims are not bent

Your Occupational Therapist will show you how to look after the wheelchair.

Your equipment has been issued to you by:

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Please speak to your Occupational Therapist if you have any questions about using the bathboard.

Your Occupational Therapist:

Your Occupational Therapist: _____

Phone:

Phone: _____

Interpreter Services

Interpreter Services

Professional interpreters are available if you need help understanding or speaking English.

Interpreter services are free and confidential. You can ask for an interpreter if one is not offered to you.

The staff will book the interpreter for you. If you need an interpreter so you can contact us, please call the telephone Translating and Interpreting Service on 131 450.

This pamphlet has been developed to provide you with information regarding the purpose, safe use and installation of your prescribed equipment. This information serves only as a guide and must be used in conjunction with education from your Occupational Therapist.

This resource has been written by the combined Occupational Therapy Departments of The Sutherland Hospital, St George Hospital and Calvary Hospital 2015.

Funding for translations provided by the Multicultural Health Service, South Eastern Sydney Local Health District.