

Wheelchair Skills

OT:Saber Abu mosa

What are wheelchair skills

Wheelchair skills represent the specific abilities the wheelchair users need to get their environments and use their wheelchairs in daily activities.

Why its important to us as an OTs to know about wheelchair skills

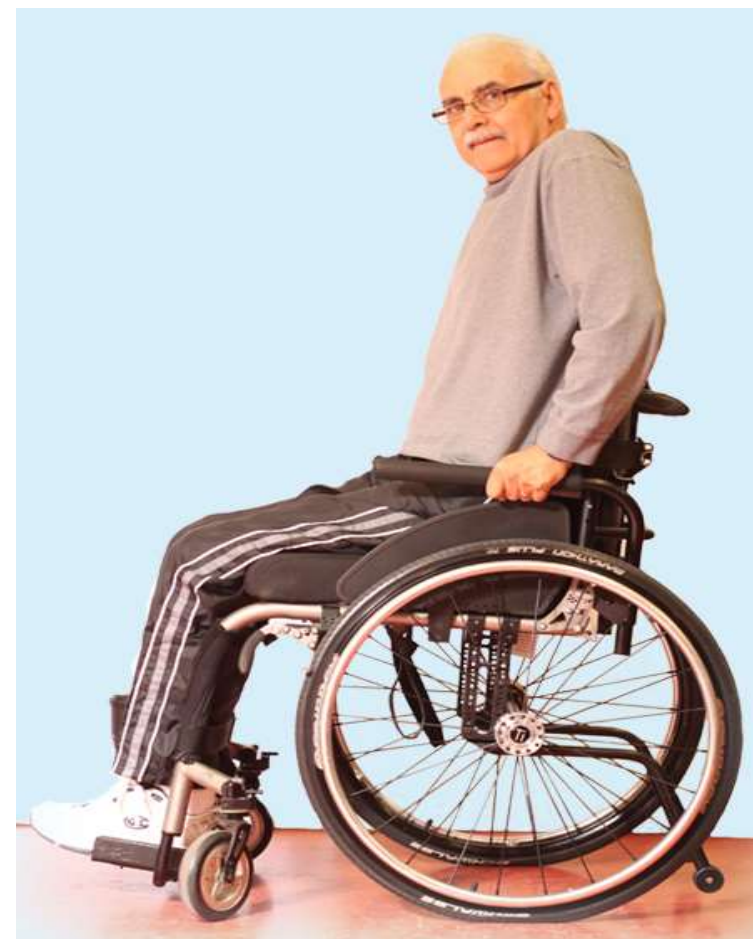
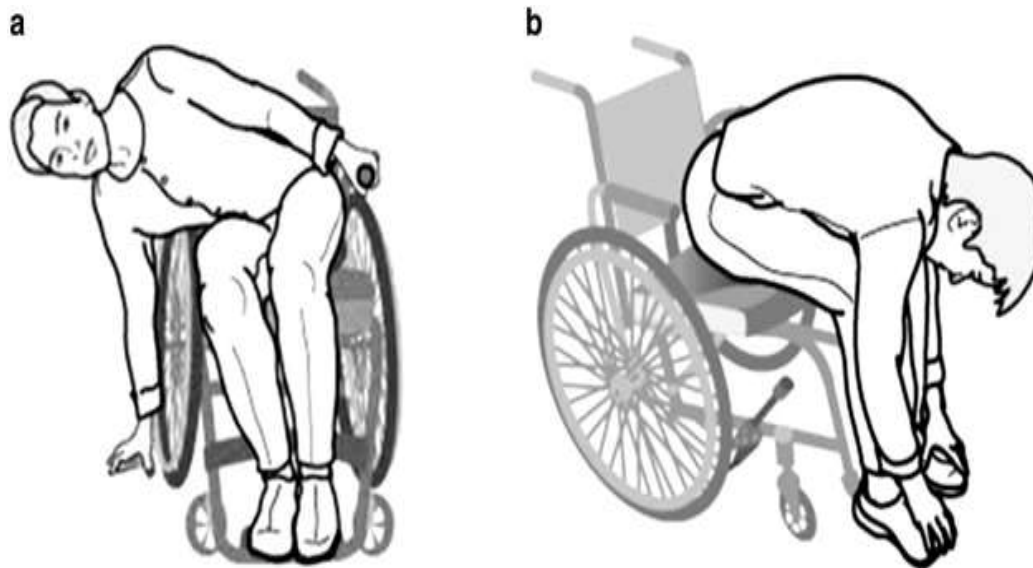
- ☐ Safety
- ☐ Independency
- ☐ Community integration

- Wheelchair skills component

- pressure relief Techniques
 - wheelchair Handling
 - Wheelchair Mobility
 - Wheelchair Transfers

• Pressure Relief Techniques

- ❖ Leaning forward
- ❖ Side to side leaning
- ❖ Pressure Lift



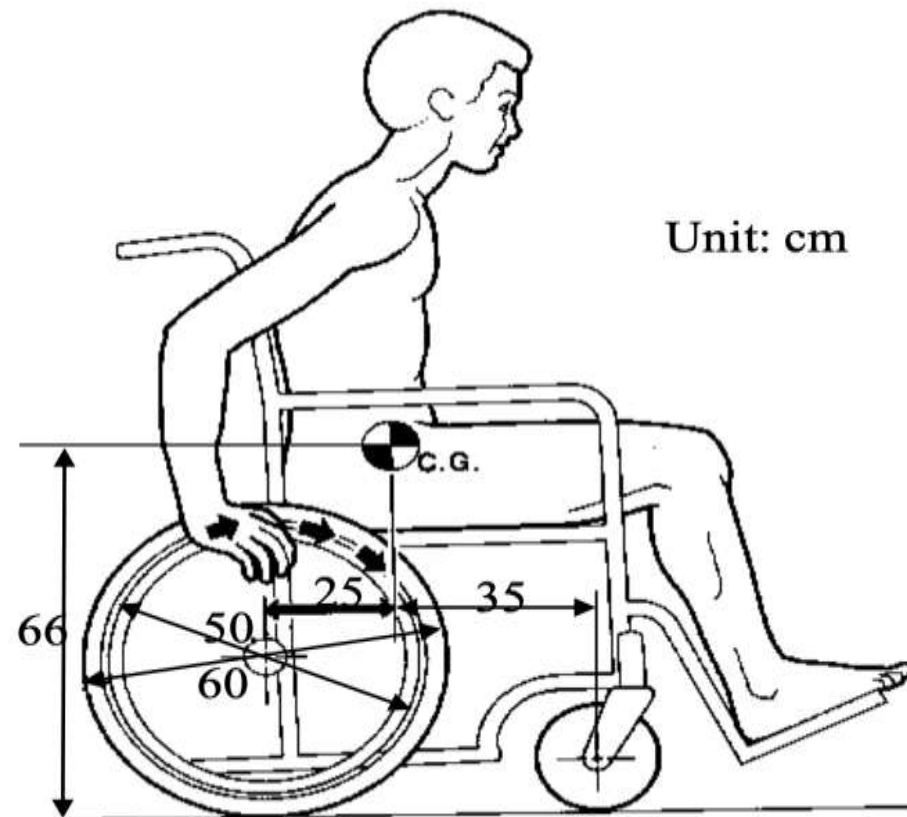
- Wheelchair handling:
Folding



- Cross folding frame
- Rigid frame wheelchair



- Wheelchair mobility
- Pushing



- Forwards



- Backwards

When to use it

Training place



- Moving sideways (Right& Left)



Ramps

- Ascending
- Descending



Wheels



Curbs & Steps

- *Ascending Curbs*



Descending Curbs



Transfers

To same level surface (bed)



Car transfers



Toilet transfers

- Forward technique
- sideway

Floor transfer (Forward technique, sideways)

This transfer requires the wheelchair user to have strong arms and good balance. Wheelchair users at risk of developing a pressure sore should always sit on their pressure relief cushion when sitting on the floor.

Thanks