



CLASP

WHEELCHAIR USER MANUAL



BASIC

ENGLISH

IMPORTANT NOTES:

Your wheelchair provider will go through this booklet with you and instruct you in wheelchair care and health care. This booklet is a reference guide for the training you received.

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

If you were identified as being at risk of pressure sore development (developing areas of damaged skin or flesh), you will have received a pressure relief cushion. It is very important that if there are any problems with the cushion, to replace it immediately.

Quality problems? Contact your provider

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This chair can help you with mobility, independence and health. A good fitting wheelchair, wheelchair skills and follow-up care can greatly increase your independence and participation in your community.

Mobility and participation are *your* human rights. At Momentum Wheels for Humanity, we hope that you will go out and express yourself!

A pressure sore is a wound often found on buttocks, scapula, knees, heels & elbows. Pressure sores can kill you and are avoidable with good habits.



Pressure sores are deep wounds that can cause severe sickness and even death. Any part of the wheelchair can cause a pressure sore but the most common area is on the buttocks.

It's MUCH BETTER TO *PREVENT* pressure sores than to treat them with long bed rest.

Please eat well, drink lots of water, and weight shift every 15-30 minutes. It is also important to avoid pressure, friction, shear, moisture & heat on particular areas.

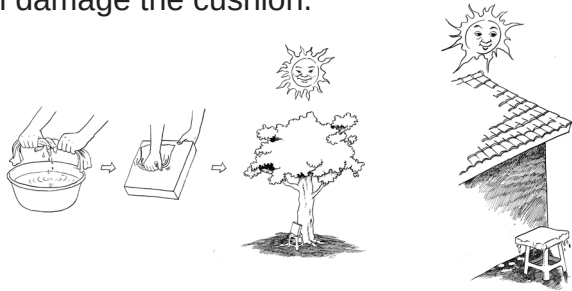
Pressure sores can be prevented by:

- Pressure relief techniques
- Use of a pressure relief cushion
- Good posture
- Regularly changing position
- Checking the skin daily



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

Cushions provide comfort, postural support and pressure relief
 Wash the cushion and cover with soap and water. Dry the cushion and cover under the sun for 2 hours. **Warning:** More than 2 hours will damage the cushion.

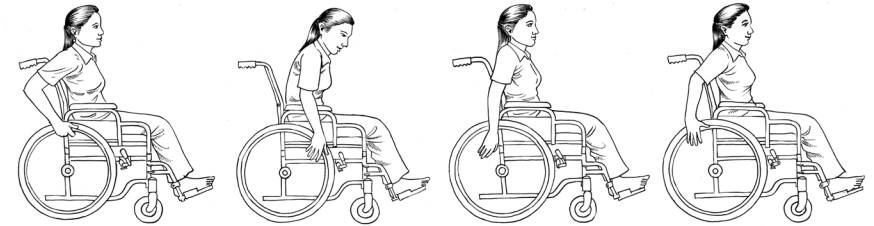


2 HOURS
 MAXIMUM
 --if it sits outside
 for longer than
 2 hours it will be
 damaged

Over time (about 1 year) your cushion will become thinner from your weight and will decrease in benefit. To avoid discomfort and a pressure sore, contact your provider to get a replacement. Be careful not to keep keys or wallets in your pants pocket, as this can cause pressure sores and harm your posture.



Hand positions for pushing your wheelchair.



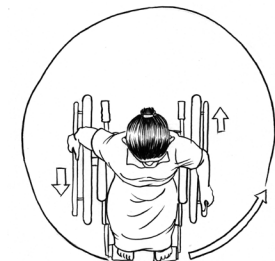
STOPPING THE WHEELCHAIR

- 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.



TURNING

- To turn, push forwards with one hand.
- At the same time the other hand pushes backwards.



TRANSFERS

PUSHING OVER ROUGH TERRAIN



PROPELLING DOWN SLOPES

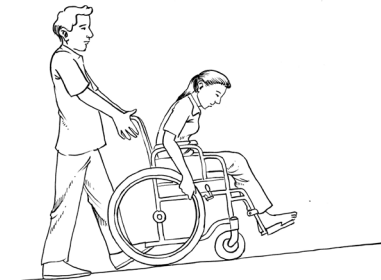


Always use the brakes and check surrounding area prior to transferring.



Before transferring in or out of your wheelchair, put the wheel locks ON. This can prevent a fall or injury.

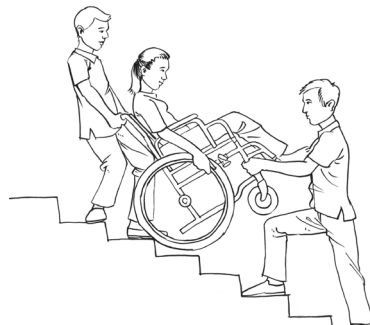
PROPELLING UP SLOPES



Lean forward and use short pushes on the front of the push rim.
To stop and rest, park the wheelchair sideways.

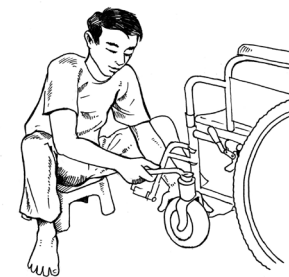
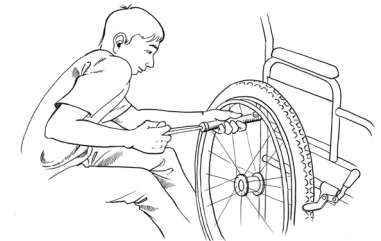
TO GO UP AND DOWN A FLIGHT OF STAIRS

1. Position the wheelchair with the rear wheels against the bottom step and tilt back to helper.
2. Second helper holds the wheelchair frame — NOT the footrests or the user
3. Together helpers push and pull up steps one at a time.
4. Repeat and move up slowly.



TIRES & CASTERS

Check your pneumatic (air) tires every week to prevent flats.
Low pressure can help off road, however if the pressure is too low it can cause damage. High pressure tires are easier to push.

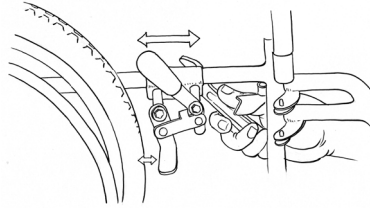


Replace the bearings in casters if they become wobbly or loose. If caster tires wear out, ask your provider if replacements are available.

MAITENENCE & REPAIR

It is important to care for your wheelchair so that it continues to provide a safe and durable chair.

Keep the wheel lock (brake) tight enough to fully stop the rear wheel.



Rust can decrease the strength of the wheelchair and can also cause parts to break if the wheelchair is not well maintained.

FOLLOW UP

Follow up is a very important part of receiving a wheelchair. Follow up should ideally happen at least every 6 months with your therapist. They will be able to check that the chair is in good order, and can provide any necessary readjustments. It is vital that if you see any changes in your body size, posture, or if you have a pressure sore that you follow-up with your therapist right away.

USER NAME [REDACTED]
ASSESSMENT DATE [REDACTED]
FITTING DATE [REDACTED]
FOLLOW UP DATE [REDACTED]
RISK FOR PRESSURE SORE [REDACTED]
CHAIR PRESCRIBED [REDACTED]
PROVIDER CONTACT NAME [REDACTED]
PHONE [REDACTED]



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