

GETTING TO KNOW YOUR WHEELCHAIR

**FOR MORE DETAILED INFORMATION
PLEASE CONTACT US!**

**CONSTANCE-LETHBRIDGE
REHABILITATION CENTRE**

7005 de Maisonneuve Boulevard West
Montreal, Quebec H4B 1T3

Satellite Centre

16777 Hymus Boulevard
Kirkland, Quebec H9H 3L4

www.constance-lethbridge.com

**Consult our other brochures and guides
on manual wheelchairs:**

Relieving Pressure in a Wheelchair

Loading a Wheelchair into a Vehicle

Sources:

Centre de réadaptation Lucie-Bruneau
www.sunrisemedicalspareparts.co.uk
www.invacare.ca



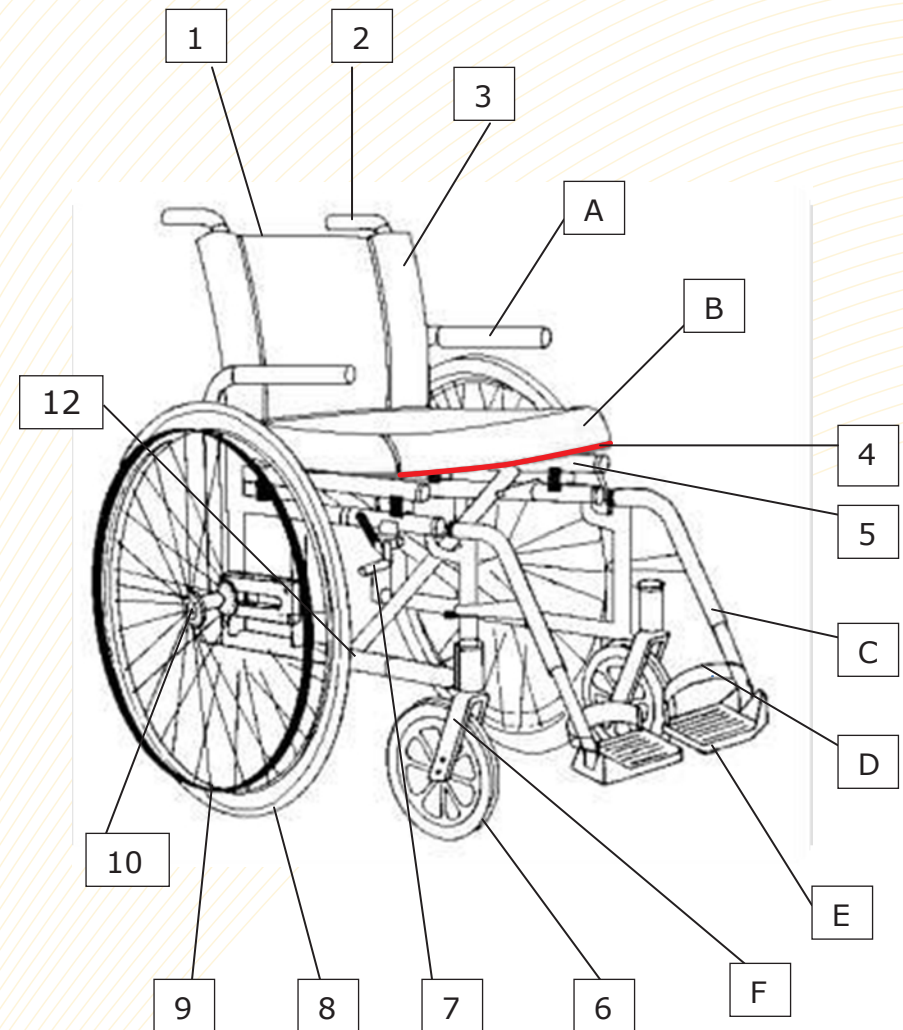
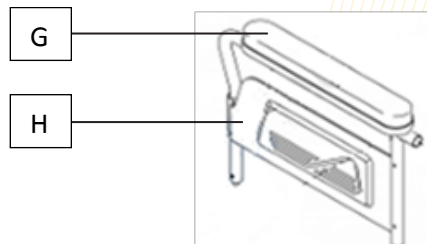
IDENTIFYING PARTS AND ACCESSORIES OF A FOLDING MANUAL WHEELCHAIR

PARTS

- 1 Backrest
- 2 Push handle
- 3 Back cane
- 4 Seat upholstery
- 5 Seat rail
- 6 Caster (front) wheel
- 7 Brake
- 8 Rear wheel
- 9 Pushrim
- 10 Quick release axle button
- 11 Wheeled anti-tippers (not visible on image, see PAGE 9)
- 12 Chassis

ACCESSORIES

- A. Armrest
- B. Seat cushion
- C. Foot rest
- D. Heel loop
- E. Footplate
- F. Caster fork
- G. Armrest padding
- H. Clothing guard



ARMRESTS

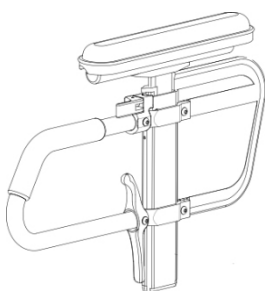
Most folding manual wheelchairs are equipped with one of the following three types of height-adjustable armrests:

- U-shaped armrests, which have two attachment points on the wheelchair. They are removable and generally retractable.
- T-shaped armrests, which have one central attachment point. They are removable.
- L-shaped armrests, which have a single attachment point, behind the back cane. They pivot and are removable.

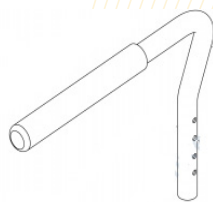
It is possible to turn or remove the armrests in order to allow the necessary space for a lateral transfer, for example when using a transfer board.



U-shaped



T-shaped



L-shaped

USING THE REMOVABLE AND RETRACTABLE ARMRESTS

To disengage U-shaped armrests:

Removing the armrest:

Press on the release mechanism located at the base of the attachment point of the armrest closest to the front, while pulling the armrest upward with your other hand. The front and back part of the armrests will come out of their anchor points.

Retracting the armrest:

Press on the same release mechanism and pull the armrest up and towards the rear. The armrest remains attached in its rear anchor point.

To remove T-shaped armrests:

Press on the lever located at the base of the armrest, on the seat rail (usually under the height-adjustment lever), while pulling the armrest upward with your other hand.

To disengage L-shaped armrests:

Lift the armrest in order to remove it or turn it outward.

To reposition the armrests:

Insert the armrest shafts into their anchor points located on either side of the seat rails. Push down on the armrest padding until the armrest is locked in place.

NB: Be sure to first remove any clothing or cushions that may prevent the shafts from being properly inserted.

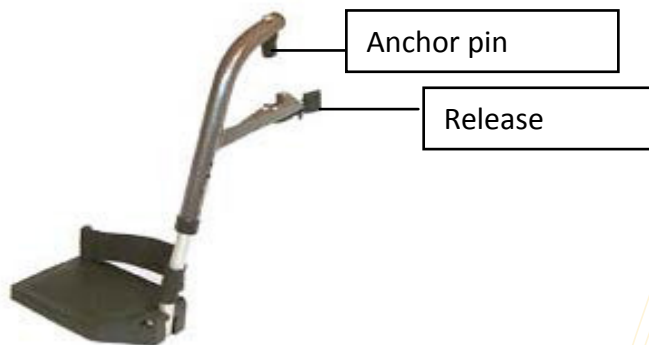
FOOT RESTS

To ensure sufficient space to transfer safely (getting in or out of a wheelchair), or to get close to an object, you must:

- Lift the footplates by turning them upward

or

- Turn the foot rest or remove it (see instructions on PAGE 7).



NB : The foot rests must always be applied, unless the feet are being used for self-propelling or when the wheelchair is being stored.

Never stand up with feet on the footplates. This will cause the wheelchair to tip forward, making you fall.

USING THE REMOVABLE FOOT RESTS

To turn the foot rest:

Remove your foot from the footplate. Press on the release mechanism located near the anchor point of the foot rest and turn it outward.

To remove the foot rest:

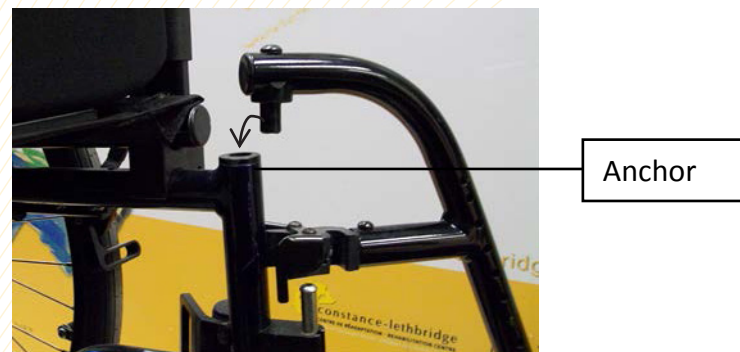
Once the foot rest is turned outward, lift it up.

To replace the foot rests:

Insert the foot rest anchor pins into their sockets while the foot rest is turned slightly toward the exterior, in order to insert the pin more easily into the socket.

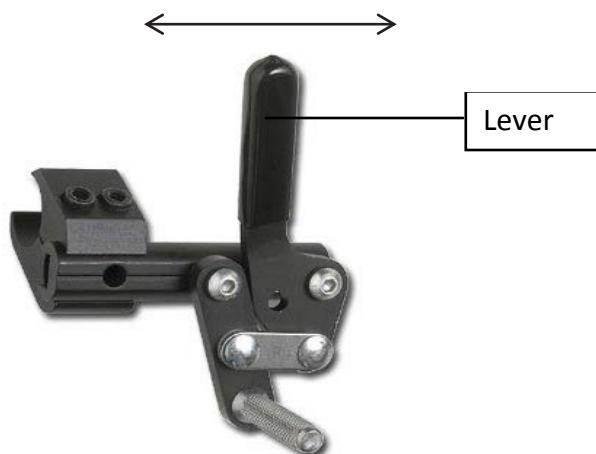
To bring foot rests back to the forward position:

Turn the foot rests inwards so that they are ready to use. You will hear a “click” when the foot rest locks into place.



USING THE BRAKES

- The brakes can be engaged by pushing on the levers, and disengaged by pulling them backward.
- Always engage both brakes when getting in or out of your wheelchair, in order to prevent it from rolling away. An unstable wheelchair during transfers can easily result in a fall.
- Some brake models are equipped with brake-lever extensions, which make it easier to use.



NB: Worn out or poorly inflated rear wheels, as well as improperly adjusted brakes may reduce the efficiency of the brakes.

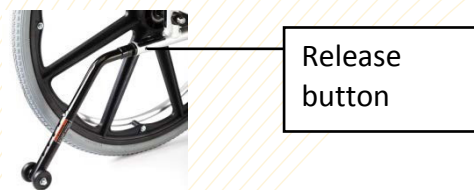
USING THE WHEELED ANTI-TIPPERS

Anti-tippers are a safety device designed to prevent the wheelchair from tipping over backwards. To ensure your safety, the anti-tippers must be installed correctly.

They need to be adjusted between 1 ½" and 2" from the ground; if they are too high, they may not prevent a backward fall, too low and they may interfere while the wheelchair is rolling over uneven surfaces. Although they may need to be repositioned in order to accomplish more difficult manoeuvres (such as getting on and off sidewalks, going over doorsteps, ledges, etc.), it is essential that they be repositioned once the manoeuvre has been completed.

Using the anti-tippers

- Press on the release button.
- Turn the anti-tipper upward, or remove it.
- Once repositioned, ensure that the button has clicked back into place and that the anti-tipper is solidly in place.



HANDLING THE WHEELCHAIR

Folding the wheelchair

1. Remove the seat cushion and rigid seat, if applicable.
2. Lift up the footplates or remove the foot rest.
3. Lift seat upholstery upwards from the middle, using both hands so that the wheelchair folds easily. Some seats have a handle on the seat for this purpose.

Closing the wheelchair

1. Place the wheelchair in front of you.
2. Place both hands on the seat rails, fingers pointed toward the inside of the seat (to avoid getting them caught between the seat rails and the frame).
3. Push down and outward.
4. Push until the wheelchair has completely unfolded and the seat rails are positioned in the seat rail guides attached to the frame.

Removing a rear wheel

- Disengage the brake.
- Fully push in the quick release axle button.
- Remove the wheel completely from the hub.



Installing a rear wheel

- Ensure that the brake is disengaged.
- Place the wheelchair frame on its side, so that the wheel can be removed by lifting it up.
- Press on the quick release axle button.
- Insert the axle into the rear wheel hub.
- Continue to press the button while you slide the axle through the hub.
- Release the button once the axle is fully inserted.
- Ensure that the wheel is well installed by pulling on it (without pressing the quick release button). The axle should not come out of the hub.