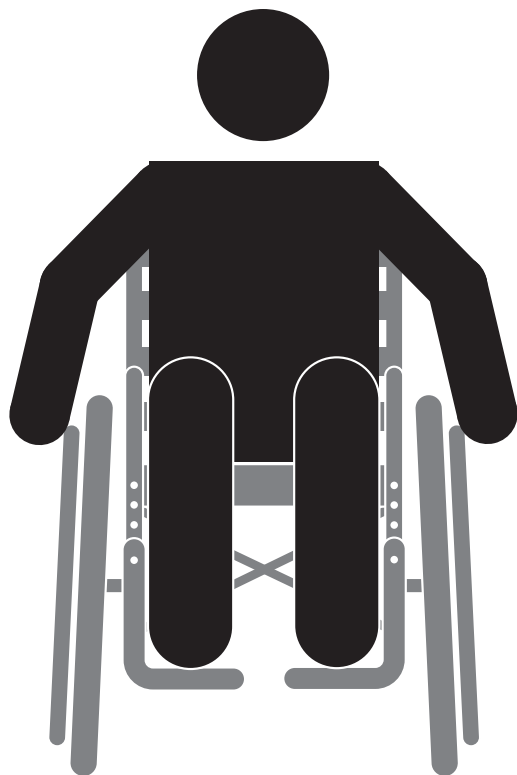
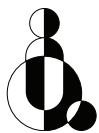


FREE WHEELCHAIR MISSION USER MANUAL



www.freewheelchairmission.org

Transforming lives through the gift of mobility™



We hope this wheelchair serves you well!

CONTACT INFORMATION

LOCAL RESOURCES

NOTES (Referrals, special instructions):

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PRESSURE SORE EDUCATION

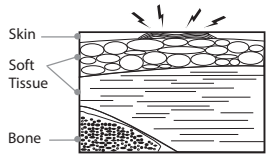
How do you get a pressure sore?

A pressure sore forms when your skin is damaged from sitting or laying in one position for a long time without moving. You can also get a pressure sore from something pulling on or rubbing your skin.

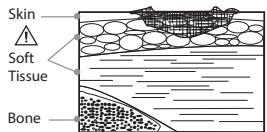
Why are pressure sores dangerous?

Once your skin has an open wound, it is easy to get an infection and become sick. We want you to know about pressure sores so that you can stay healthy and out of the hospital.

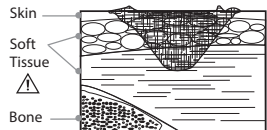
What does a pressure sore look like?



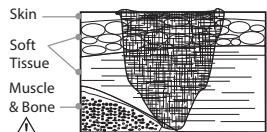
Stage 1 is when your skin turns a different color, usually red or purple.



Stage 2 is when you get a blister and/or the skin opens.



Stage 3 is when the blister grows deeper.



Stage 4 is when it goes deep and into your muscle and bone.

PRESSURE SORE EDUCATION

Here are four ways to prevent pressure sores:

1. Get used to sitting in the wheelchair. Start by sitting for 30 minutes and check for redness. If you have redness, wait until the redness goes away before sitting for long periods of time. Slowly add more time each day.



30 minutes



2. Check for redness or sores each night. Pressure sores are most likely to form in the following places:



If you do find redness, stay off the area until the redness goes away. If the sore is open, make sure the area stays clean and seek medical attention.

PRESSURE SORE EDUCATION

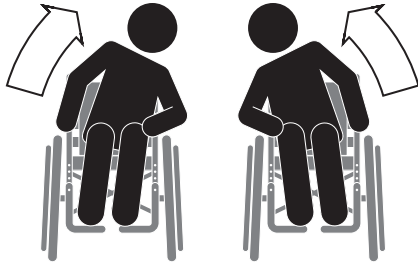
3. Stretch out and sleep on your side or your stomach to take the pressure off the areas that you sit on during the day.



4. Do exercises every 15-30 minutes for 1 minute ⌚

Pressure Relief Exercises:

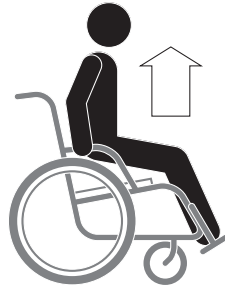
Lean to the left and then to the right.



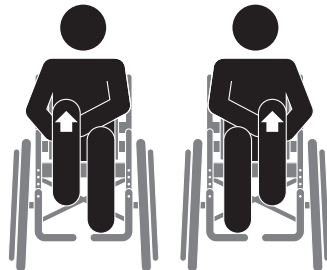
Lean forward.



Push up from the wheelchair.



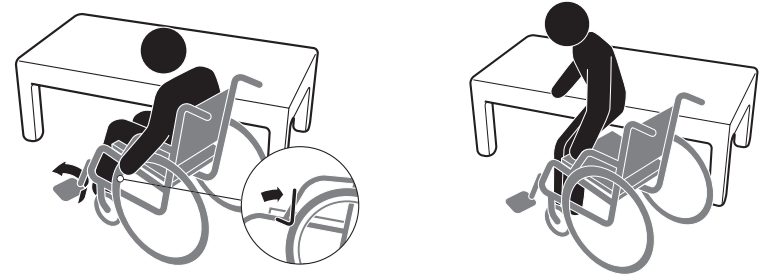
Lift left and right leg.



TRANSFERS: HOW TO GET IN AND OUT OF THE WHEELCHAIR

Learning how to get in and out of a wheelchair is important for your safety and the safety of anyone helping you.

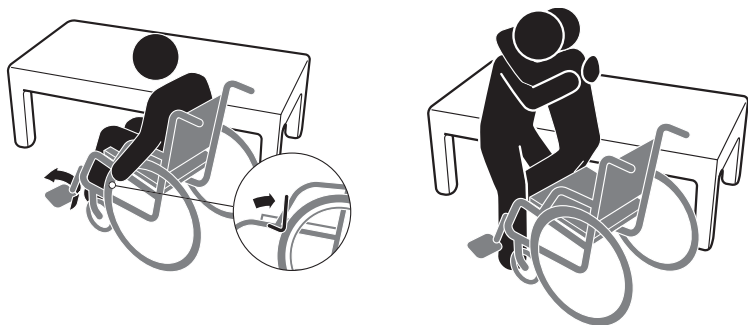
Getting in and out of the wheelchair by yourself:



1. Move the wheelchair close to the chair you want to sit in (see pictures above).
2. Put on the brakes!
3. Move the footrests out of the way.
4. Move your body toward the front of the seat.
5. Place one hand on the seat you are sitting on and one hand on the place you are moving to.
6. Move to the other chair.

TRANSFERS: HOW TO GET IN AND OUT OF THE WHEELCHAIR

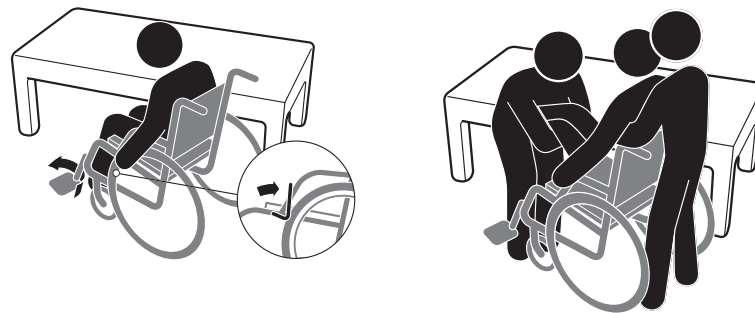
Getting in and out of the wheelchair with 1 person helping you:



1. Set the wheelchair as close as possible to the chair you want to sit in (see pictures above).
2. Put on the brakes and move the footrests out of the way.
3. Move your body toward the front of the seat. If you cannot, ask for help to move forward.
4. Put your arms around your helpers shoulders like a hug. The helper will do the same, but under your arms. The helper should squat down so they do not hurt their back.
5. Have your helper block your feet with their feet and place their knees on the outside of yours to prevent sliding.
6. Count 1-2-3, then stand up. You and the helper should take small steps or pivot to the other chair.

TRANSFERS: HOW TO GET IN AND OUT OF THE WHEELCHAIR

Getting in and out of the wheelchair with 2 people helping you:



1. Decide who will lift your upper body and who will lift your legs. The taller or stronger person should move your upper body.
2. Set the wheelchair as close as possible to the chair the you want to sit in (see pictures above).
3. Put on the brakes and move the footrests out of the way.
4. Move your body toward the front of the seat. If you cannot, ask for help to move forward.
5. Cross your arms. Have one of your helpers hold you under the armpits from the back. If it is not possible to cross your arms, just be sure to watch where your arms are when moving and sitting down on the chair. Have the other person squat down and lift underneath your legs.
6. Count 1-2-3 and both people will lift at the same time. The helpers should take small steps, do not twist, and slowly set you down on the other chair.

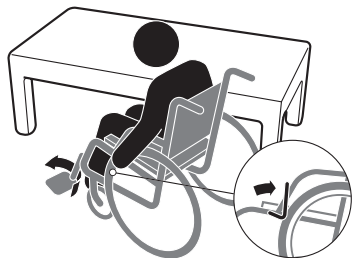
WHEELCHAIR SAFETY

To stay safe in your wheelchair, you will need to know how to use your brakes, wear your seatbelt, and know what to do if you fall out of your wheelchair.

If you were to fall out of the wheelchair you could hit your head or cause other serious health problems.

Use your brakes:

- **To Lock:** Pull the brake handle up and back.
- **To Unlock:** Push the handle forward.



Use your seatbelt:

- Use the seatbelt to keep your hips to the back of the wheelchair.
Never use the seatbelt to force someone to stay in the wheelchair.



WHEELCHAIR SAFETY

Know what to do if you fall out of your wheelchair:

If you are by yourself: Call for help. If you can, put on the brakes and transfer from the floor into the wheelchair. It might be easier to transfer from the floor onto a lower chair or bench, then into the wheelchair.



If you have help: Call for help. Have the person (or people) help you transfer you from the floor to the wheelchair.

Open your GEN_3:

Keep your hands flat. Place them on the metal and push gently down until the wheelchair opens up.



MOBILITY SKILLS: HOW TO USE THE WHEELCHAIR

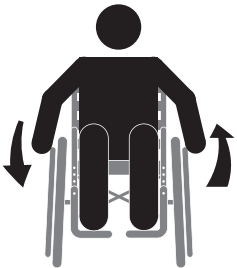
Move the wheelchair forward and backward:

Forward: Place hands on push rims, and push the wheels forward. **Backward:** Place hands on push rims, and pull the wheels back.

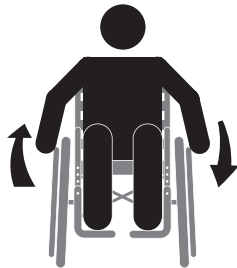


Turn the wheelchair:

Turn Left: Push the right wheel forward and pull the left wheel backward.



Turn Right: Push the left wheel forward and pull the right wheel backward.

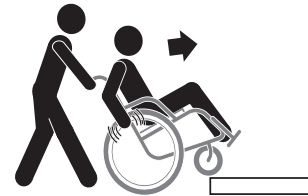


MOBILITY SKILLS: HOW TO USE THE WHEELCHAIR

Curbs

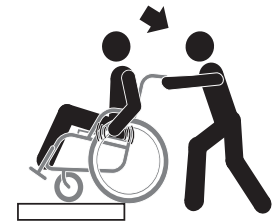
Going up curbs:

1. The client should be facing the curb. Go up the curb forward.
2. Tip the wheelchair back and roll the wheelchair forward until the castor wheels are on top of the curb.
3. Roll and lift the large wheels over the curb.



Going down curbs:

1. The client's back should be facing the curb.
2. Roll the large wheels backward down the curb followed by the castor wheels.



Slopes

Going up slopes:

1. Lean forward.
2. Place hands on the push rims and move the wheels forward at the same time.



Going down slopes:

1. Lean slightly backward.
2. Place hands on the push rims and push the wheels forward at the same time.



MOBILITY SKILLS: HOW TO USE THE WHEELCHAIR

Going upstairs:

1. Your back should be to the stairs (see photos below). Go up the stairs backward.
2. Tip the wheelchair back, so the front wheels are off the ground.
3. If you can help, pull the push rims back as your caregiver pulls the wheelchair up at the same time.
4. Count 1-2-3 so you and your caregiver move the wheelchair backward and up each step together.
5. If you have 2 people helping, have the other person hold onto the frame by the footrests (see photo below) and push the wheelchair forward and over each step.

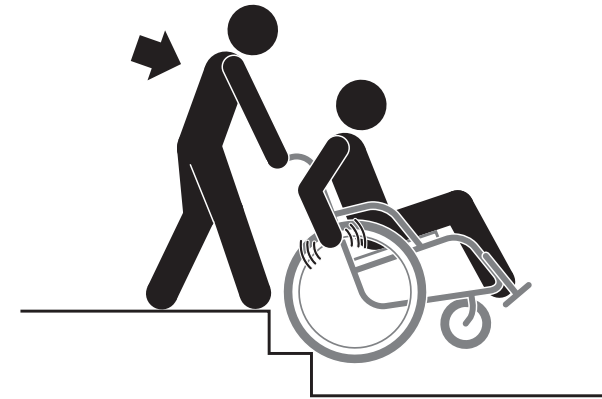


It is recommended to have at least 2 people helping on 2-3 stairs or more, if you feel uncomfortable, or on large stairs.

MOBILITY SKILLS: HOW TO USE THE WHEELCHAIR

Going downstairs:

1. Your back should be to the stairs (see photos below). You will be going down and forward.
2. Tip the wheelchair back so the front wheels are off the ground.
3. If you can help, help control the speed down the steps.
4. Count 1-2-3 and roll the wheelchair down each step, slowly. Remember to bend your knees and lean slightly back.
5. If you can help, push the push rims forward slowly, as your caregiver pushes the wheelchair.
6. If you have 2 people helping, have the other person hold onto the frame by the footrests (see photo below) and they will slowly go down each step backward.



It is recommended to have at least 2 people helping on 2-3 stairs or more, if you feel uncomfortable, or on large stairs.

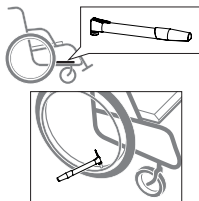
MAINTENANCE: HOW TO TAKE CARE OF THE WHEELCHAIR

Taking care of the wheelchair is important to keep the wheelchair working. Do what is listed to maintain your wheelchair.

CHECKLIST	WHEN
Pump the tires	WEEKLY
Check for broken or damaged spokes	WEEKLY
Check the cushion and the backrest	MONTHLY
Tighten nuts and bolts (if loose)	MONTHLY
Check frame for rust & clean the frame with oil	MONTHLY
If you notice damage to the wheelchair, fix as soon as possible	AS NEEDED

Pump the tires

A pump is provided with your wheelchair.



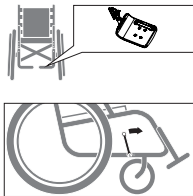
Clean the frame

Wipe the frame with cooking oil to prevent rust from forming. Rust weakens the steel.

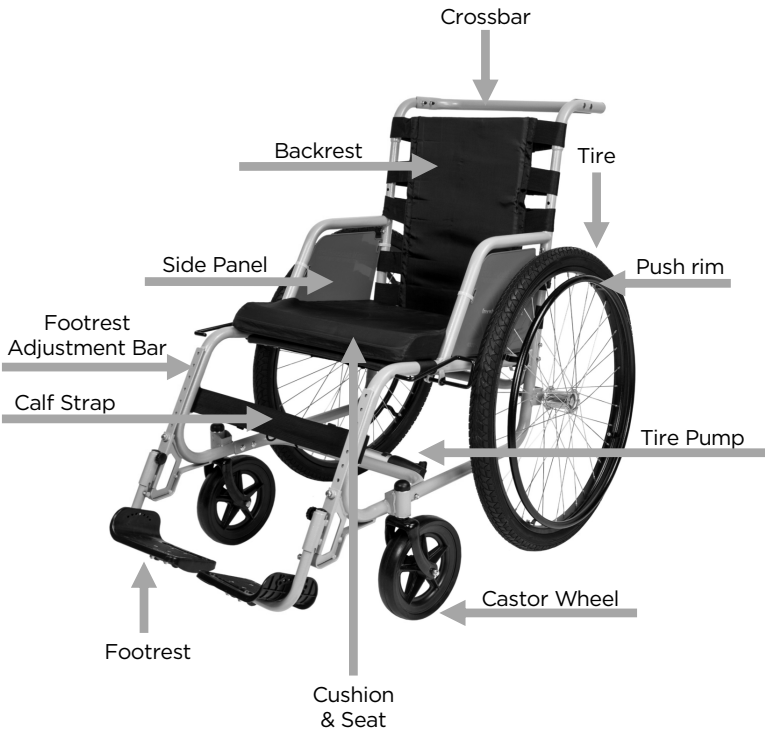


Tighten nuts and bolts

Your wheelchair has a wrench in the footrest. Tighten all the frame bolts.



WHEELCHAIR PARTS





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