

Remember

Contact the wheelchair service with any concerns or queries regarding the wheelchair seating.

Regularly check fastenings, buckles and belts for signs of wear and tear.

Refer back to the wheelchair service if the client has any significant change in weight or shape.

Regularly inspect skin for any red areas. If you see any red contact your healthcare professional.

For any repairs to the wheelchair please contact our Approved Repairer Millbrooks.

Call 0333 999 2593

Made especially for you by:

**East Berkshire Specialist Wheelchair
Service**

**3-4 Abell Gardens
Maidenhead
Berks SL6 6PS**

Call 0118 904 3222

berkseast.mobility@berkshire.nhs.uk



www.berkshirehealthcare.nhs.uk



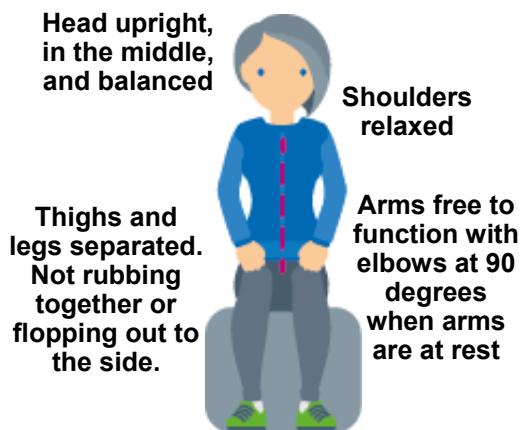
Wheelchair Positioning Guide

Why is good positioning important?

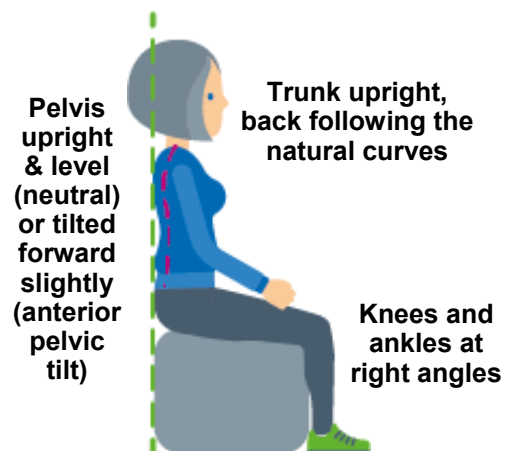
- To reduce risk of skin breakdown
- To reduce pain/discomfort
- To reduce risk of development or worsening of spinal curvature
- To reduce fatigue
- To maintain ability to breathe deeply
- To maintain the ability to swallow
- To maintain line of sight
- To increase ability to reach and balance

Recognising Good Posture

It is not always possible to be positioned perfectly in a wheelchair, due to factors such as muscle tightness, tone and deformity. However, where possible, aim for the following goals:



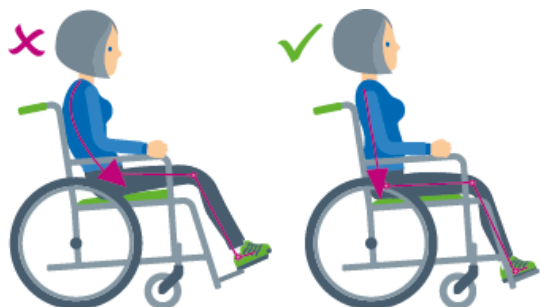
Feet are well supported with ankles at right angles



Knees are level with hips if possible and at an even height

Key points for positioning

Make sure the person is sitting right back in the chair.



- Look or feel to check that there is no gap between the person and the backrest.
- Ensure pelvis is in the middle of the seat. Not shifted to one side.
- If necessary, re-position the person after transferring them into their chair; this may require the person to be hoisted again.

Fasten the pelvic belt/seat firmly

- As soon as they are positioned back in the seat, fasten the pelvic belt firmly.
- This will promote upper body function, help keep the pelvis in place, allow pressure relieving and discourage sliding.
- Ensure you can get 2 fingers underneath so it is not too tight.
- If a belt is positioned too high there is a risk of damage to the soft tissues of the abdomen and it will allow sliding.



Use the 'tilt in space' feature if available



- Tilt the wheelchair back if possible when transferring the client into the wheelchair.
- Tilt can be used to maintain a good position by changing the person's centre of gravity.
- Tilt can provide pressure relief.