# Cheatography

### wheelchair Cheat Sheet by ts3414 via cheatography.com/195341/cs/40952/

w/cmultiple sclerosis -amyotrophic lateral sclerosis (ALS) -muscular dystrophy -severe rheumatoid arthritis -cerebral palsy -systemic lupus erythematosusw/rmanualperson hasDiagnosesw/cenough upperwhere the body strength to push the wheelc- unable to hair: -spinal cord propel any injury, mid-th- oracic, lumbar, multiple sclerosis quadriplegic -muscular dystrophy - palsy -severe arthritis -lowerpo oracion oracion push the wheelc- unable to and weet type of oracic, lumbar, wheelchair - sacral -CVA - severe quadriplegic -muscular dystrophy - palsy -severe arthritis -lower extremity amputations - affecting lower affecting lower affecting lower affecting lower affecting lower affecting lower affecting lower advanced extremitiesan out am out and and and and and and and affecting lower affecting lower affecting lower affecting lower affecting lower affecting lower advanced extremitiesan an and an and an and an and an and an and an and an and an an an and an <br< th=""><th colspan="2">types of whee</th><th>wheelchairs</th><th></th><th></th><th>typ</th></br<>	types of whee		wheelchairs			typ
w/cenough upper body strength to person ispor co co an hair: -spinal cord propel any injury, mid-th- type of oracic, lumbar, sacral -CVA - sacral -CVA - sacral -CVA - severepor multiple sacral dystrophy - palsy -severe brain injury - multiple amputations - affecting lower affecting lower <br< td=""><td></td><td></td><td colspan="3">multiple sclerosis -amyotrophic lateral sclerosis (ALS) -muscular dystrophy -severe rheumatoid arthritis -cerebral palsy -systemic</td><td>sta w/c</td></br<>			multiple sclerosis -amyotrophic lateral sclerosis (ALS) -muscular dystrophy -severe rheumatoid arthritis -cerebral palsy -systemic			sta w/c
hair: -spinal cord propel any injury, mid-th- type of oracic, lumbar, wheelchair - sacral -CVA - severe po multiple sclerosis quadriplegic -muscular cerebral dystrophy - palsy -severe sa arthritis -lower brain injury - extremity multiple amputations - congenital other diagnoses conditions - affecting lower advanced extremities Alzheimer's disease lightw- Diagnoses that allow the person eight to drive and/or travel frequently w/c spinal cord injury -amputations -			enough upper body strength to push the wheelc- hair: -spinal cord injury, mid-th- oracic, lumbar, sacral -CVA - multiple sclerosis -muscular dystrophy - arthritis -lower extremity amputations - other diagnoses	where the person is unable to propel any type of wheelchair - severe quadriplegic cerebral palsy -severe brain injury - multiple congenital conditions -		pos cor
sacral -CVA - severe po multiple sclerosis quadriplegic -muscular cerebral dystrophy - palsy -severe arthritis -lower brain injury - extremity multiple amputations - congenital other diagnoses conditions - affecting lower advanced extremities Alzheimer's disease lightw- Diagnoses that allow the person eight to drive and/or travel frequently w/c spinal cord injury -amputations -						ant we
arthritis -lower brain injury -   extremity multiple   amputations - congenital   other diagnoses conditions -   affecting lower advanced   extremities Alzheimer's   disease disease   lightw- Diagnoses that allow the person   eight to drive and/or travel frequently   w/c spinal cord injury -amputations -						por
other diagnoses conditions -   affecting lower advanced   extremities Alzheimer's   disease disease   lightw- Diagnoses that allow the person   eight to drive and/or travel frequently   w/c spinal cord injury -amputations -						sac out
extremities Alzheimer's disease lightw- Diagnoses that allow the person eight to drive and/or travel frequently w/c spinal cord injury -amputations -						no
eightto drive and/or travel frequentlyw/cspinal cord injury -amputations -			0			am
w/c spinal cord injury -amputations -		0	eight to drive and/or travel frequently			whe
cerebral palsy -muscular str dystrophy wh		0				pel sup stra who tray

#### types of wheelchairs (cont)

standing	Diagnoses that prevent the	
w/c	person from standing without	
	total supportcerebral palsy -	
	spinal cord injury -multiple	
	sclerosis -amyotrophic lateral	
	sclerosis -muscular dystrophy	

positioning and support			
contoured	posterior pelvic tilt		
anti thrust	anterior pelvic tilt		
wedge	preventing slumping and sliding forward		
pommel	preventing sliding, reducing hip internal rotation, preventing knees from touching		
sacral cut out	reducing the pressure on coccyx and helps prevent pressure sores		
no lean	pelvic obliquity causing pt to lean to one side when seated		
amputee	supporting left/right/ or bilateral amputations		
wheelchair attachments			

pelvic	SCI any level, CP, alzhei-
support	mers, MS, TBI, CVA, MD
strap	advanced
wheelchair	CVA, CP, congenital condit-
tray	ions, alzheimers, MS, MD SCI
	- mid cervical and below

#### wheelchair attachments (cont)

lateral supports	severe kypohosis, severe scoliosis, post CVA, CP, MS, cervical or thoracic SCI
posey drop seat cushion	SCI C1-L1, Spastic CP, advanced alzheimers, severe TBI, severe seizure disorder, hip fracture
foot/ankle straps	CVA, TBI, MS and other neuro conditions, CP, seizure disorder, LE contractures
arm trough	CVA with UE hemiparesis
mobile arm support	C4-C7 SCI, MS, advanced MD, ALS
all terrain w/c wheels	any dx that requires w/c use

w/c cushions		
type	advantages	disadv- antages
foam	low cost, lightweight, low mainte- nance	can bottom out quickly
gel	good pressure distribution, keeps you cool and can be used with a foam base	heavier, adds weight to the w/c, knead prior to each use to keep gel in place
air *roho	exceptional pressure relief, adjustable firmness	ait levels need to be checked daily for leaks, less stable
honeycomb	stable, keeps you cool	limited pressure distribution and positoning

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w/c cushions (cont)				
altern-	automat	automatic pressure		
ating	distributi	on to	cost,	
pressur	e prevent	prevent pressure		
	sores, id	leal for	needs to	
	those wh	those who cannot		
	adjust th	adjust their position		
wheelchair for specific dx				
hip	Reclining	After hip re	placement	
replac	back,	surgery, the	e patient is	
ement	pommel	not allowed	to bend	
	cushion	the affected	d hip past	
	or hip	90 degrees		

abductor,

pelvic

positi-

oning

strap,

elevating

footrests.

adduct the hip. The

reclining back allows

the patient to sit with

the hip positioned at

less than 90 degrees

of flexion and the

pommel cushion

positioned in slight

strap prevents the

patient from sliding

forward in the chair

and the elevating footrests help to control edema post

abduction. The pelvic

keeps the hip

#### wheelchair for specific dx (cont)

SCI

Contoured solid seat and back inserts, pelvic and lower extremity positioning straps, lateral supports, chest support, lateral head support, may need power wheelchair, may need adapted switches to operate a power wheelchair. May use a standing wheelchair.

The solid seat and back are contoured to improve support and reduce the risk of pressure areas. The positioning straps hold the pelvis and lower extremities in place in the chair. If the person has a cervical or high thoracic injury, a chest support and lateral supports keep the trunk aligned and prevent the person from slumping forward. For high cervical injuries, a lateral head support keeps the head and neck in midline.

#### wheelchair for specific dx (cont)

spina

bifida

Manual or	Children with spina
power	bifida may need a
wheelchair	custom back on a
with an	wheelchair to
adapted	accommodate
back,	myelomeningocele
pressure	(the portion of the
relief	spinal cord that
cushions.	protrudes from the
	spinal column).
	Pressure relief
	cushions are used to
	reduce risk of skin
	breakdown in areas
	with reduced
	sensation.

## E

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surgery

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wheelchair for specific dx (cont)				
CVA	Hemi-w-	The hemi-wheelchair is		
	hee-	a lower height		
	lchair	wheelchair that allows		
	with one	the person to propel the		
	arm	chair with the unaffected		
	drive,	foot. A one arm drive		
	solid	allows the person to		
	seat	propel the wheelchair		
	with gel	with the unaffected hand		
	for	while keeping the		
	pressure	wheelchair moving in a		
	relief,	straight line. Gel or		
	elevated	memory foam in the		
	armrest.	cushion helps to reduce		
		the risk of pressure		
		areas on the affected		
		side. The elevated arm		
		rest helps reduce edema		
		in the affected arm.		

#### By **ts3414**

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