



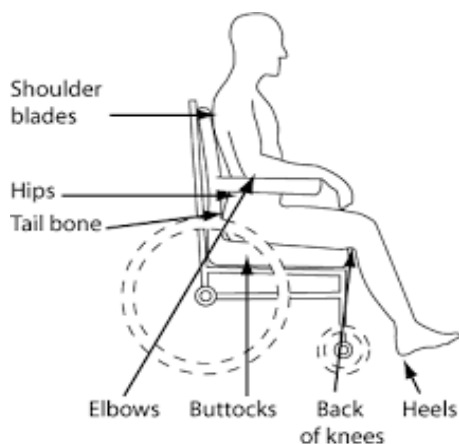
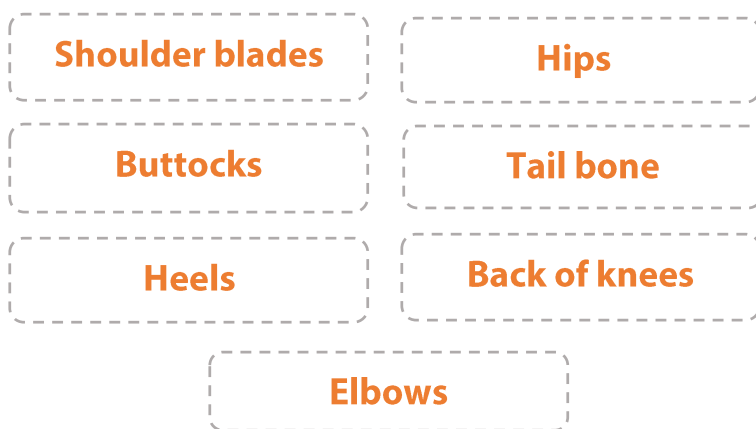
مدينة الملك فهد الطبية
King Fahad Medical City




Ways to Prevent the Side Effects of Improper Use of a Wheelchair

Instructions to prevent wheelchair pressure ulcers

💡 There are seven areas that could be at risks of pressure ulcer



 **Observe these areas for color changes. If the area becomes red and lasted for 20 minutes or more, then it means an adjustment need to be done or pressure release has to be performed.**

Adjustments:

- 1- Adjusting the height of foot rests.**
- 2- Using sponge on the foot and arm rests.**
- 3- Using air cushion instead of foam cushion to help distributing the pressure.**
- 4- Inflate air cushion in case of under-inflation. A distance of 2.5 cm should be left between the user's seat and the seat surface of the chair.**
- 5- Using back supports.**

Pressure release:

Perform pressure release as instructed by your therapist or every 15-30 minutes for 15-30 seconds.

Instructions to prevent wheelchair falling incidents and curved spine:

 Do not forget

- 1- To perform regular maintenance on your wheelchair to avoid falling incidents.**
- 2- To wear seatbelt to avoid falling incidents.**
- 3- To make sure that your wheelchair fits appropriately:**

a. If wheelchair is too small: it might lead to pressure ulcers.

b. If wheelchair is too large: it might affect body posture and increase the risk of back problems.

4- To make sure that your body is supported especially if you have curved spine (Lordosis, Kyphosis, Scoliosis), to avoid an increase in the curve.

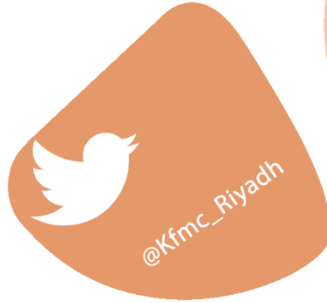
5- To make sure that the breaks are locked when transferring from/to the wheelchair to avoid falling and injuries.

6- To remove arm rest when transferring from/to the wheelchair to avoid falling and injurie

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Rehabilitation Technology Department



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