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Inclusive Fitness: Assessing the Wheelchair User

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Learning Objectives

- Look at the different types of wheelchairs you may encounter and identify the reasons why someone may use them
- Explore different assessment considerations when working with a client who uses a wheelchair
- Work in groups on a case study to brainstorm potential programming options for a potential client who uses a wheelchair.

Reasons for being a wheelchair user

- Traumatic or sustained injury
- Congenital disability
- Progressive Disease
- Mobility and strength limitations from older aging
- Acute injury (surgery recovery, sprain or break)

Type of Wheelchairs

- Power chairs- recline features, leg adjustments, seatbelt, battery
- Manual chairs- set seating, requires OT to adjust, dump level
- Sports chairs- tennis, wheelchair rugby, etc. dump level

Consideration: How often are they using the chair? Do they use other modes of mobility?

The assessment

Verbal

- Par-Q/ Parmed-X
- Identify goals
- Listen!

Physical

- Chair biomechanics
- Muscle balance/function
- Posture
- Core function
- Cardiovascular endurance
- Need for power/speed?

Findings of an average ‘Desk Jockey’?

- Tight hip flexors
- Anterior shoulder rotation
- Shoulder impingement
- Biceps tendonitis
- Wrist injuries
- Tight anterior or ‘pushing’ muscles
- Weak posterior or or ‘pulling’ muscles

Accessible Toolbox

- Bands
- Dowels
- Dumbbells and Kettlebells
- Medicine Balls
- Straps and cuffs
- Cable Machines

Next step
→Certification course

Breaking Barriers: Fundamentals of Training Clients with Physical Disabilities

Next LIVE virtual course: **September 10th 10am-4pm PT**

Registration:

https://www.whichdoctor.com/practitioner_services/6461

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