Wheelchair Skills: Community

The Ohio State University
Wexner Medical Center

Learning wheelchair skills can make daily tasks easier, reduce strain on your body, and help you stay as independent as possible.

Getting started

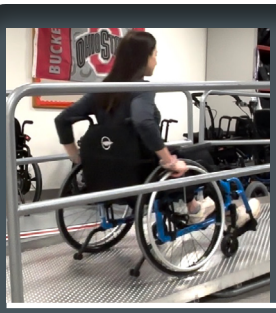
- Practice in a safe area and go at a pace that feels comfortable for you.
- It is normal for new movements to feel difficult at first. With regular practice, your strength, control, and confidence will improve.
- If something causes pain, stop and rest. Focus on moving slowly and smoothly, not quickly.
- If you have questions or concerns, contact your therapist for support.

Community wheelchair skills



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Folding and Unfolding a Wheelchair



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Going Up Inclines



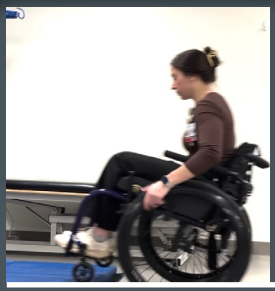
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Going Down Inclines



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Moving on Side Slopes



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Getting Over Obstacles: Part 1



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Getting Over Obstacles: Part 2



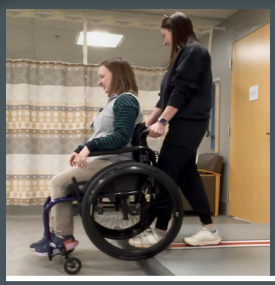
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Moving on Soft Surfaces



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Going Down Curbs



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Going Down Curbs: Caregiver Assistance



go.osu.edu/wcs_6

Going Up Curbs: Caregiver Assistance

This resource is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more education, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

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