Wheelchair Skills: Indoor

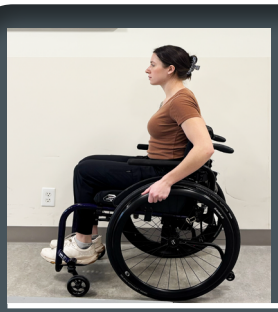
THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

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

Getting started

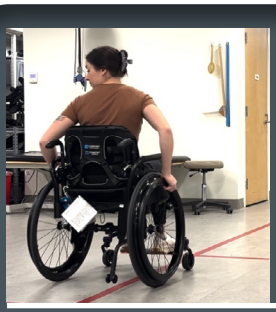
- Practice in a safe area and go at a pace that feels comfortable for you.
- It is normal for new movements to feel difficult at first. With regular practice, your strength, control, and confidence will improve.
- If something causes pain, stop and rest. Focus on moving slowly and smoothly, not quickly.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

Indoor skills



go.osu.edu/wcs_8

Moving Forward



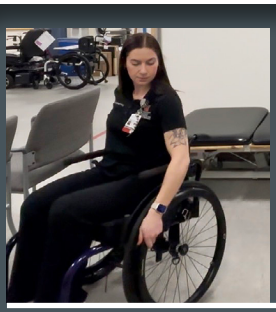
go.osu.edu/wcs_7

Moving Backward



go.osu.edu/wcs_17

Turning in Place



go.osu.edu/wcs_11

Moving Sideways



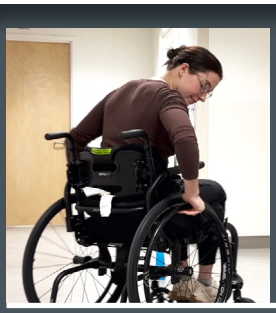
go.osu.edu/wcs_12

Moving Sideways: Avoiding Obstacles



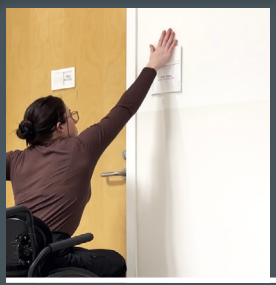
go.osu.edu/wcs_19

Turning While Moving Forward



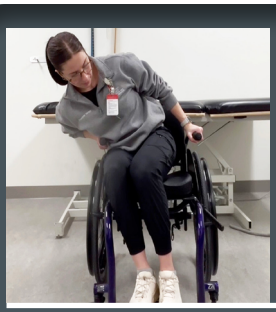
go.osu.edu/wcs_18

Turning While Moving Backward



go.osu.edu/wcs_15

Reaching for Objects



go.osu.edu/wcs_16

Weight Shifting



go.osu.edu/wcs_13

Moving Through a Doorway

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.

© 2026 – May 5, 2026, The Ohio State University Wexner Medical Center