

❖ Repositioning in the Wheelchair with Moderate Assistance

The method used to reposition patients in a wheel chair is very similar to wheelchair transfers requiring moderate assistance. The primary difference is that once the patient's hips are cleared, they go back into their wheelchair instead of pivoting to another surface.

Starting Position

The patient is poorly positioned in the wheelchair, hips toward the edge of the seat.

Handling

This method will help your patient relearn more normal patterns of movement while assisting them to reposition in the wheelchair.

1. Remove the foot from the footrest and place both feet flat on the floor.
2. Stand in front of the patient.
3. With your knees together, position yourself in front of the patient's weak side.
4. Your feet should be staggered, one in front and one in back. This way you'll be able to shift your weight from your front foot to your back foot as the patient shifts weight from the hips to the feet.
5. The "V" space between your knees will be positioned on each side of the patella at the condyles. This correct position is extremely important and plays a key role in the success of this method. Your point of contact should not be on the patella nor should it be up on along the femur. These are very common mistakes and should be avoided.
6. Help the patient lean forward, not down, with an extended trunk.
7. Reach over the patient's back and place your hands securely along the scapula and onto the rib cage. Do not grab under the patient's arms, as this can cause injury to the patient's shoulders.
8. Do not lift the patient into standing. Instead, rock their weight from their hips forward onto their feet. At the same time, rock your weight onto your back foot, keeping your elbows extended.
9. Approximate the knees by giving input with your legs into their condyles, just on each side of their patella. The force of your input should help bring their hips up and off the surface of the chair. The larger the patient, the more approximation you will need to give and the further your hands will come around the rib cage.
10. As their hips clear, push their hips back into the wheelchair with your legs on their condyles (not with your hands).
11. Lower the patient back into the chair. You may need to do this more than once if your patient isn't all the way back into the wheelchair.



