



Choosing and Sizing a Wheelchair

Transit or Self-propelling?

If someone will be assisting you to get around, you could choose a transit. If you need to be able to get around by yourself, you will need to choose a self-propelling wheelchair.

Maximum Weight

Ensure that you do not exceed the wheelchair's maximum user weight. Bariatric options are available for larger people.

Seat Width

Your wheelchair should be just wide enough that you can still fit if you wear a jacket, but you should not be able to slip your fist down either side. A wheelchair that is too wide will not offer enough support and will often cause the user to lean to one side.

Seat Depth

When you sit in your wheelchair with your bottom right back, your thighs should be well supported and the seat should come to about one inch behind your knee. Any closer and your legs will rub against the edge causing you to slump down. If the seat is too short for your thighs, you will not be comfortable for long and your posture will suffer.

Foot Rest Height

When you sit with your feet on the footrests they should be able to sit flat and well supported rather than dangling. You also need to check they are not too high, which you can do by looking at your knees. If your knees are higher than your hips, the footrests are too high.

Back Rests

You should feel comfortably supported by your back rest. Take a moment to lean back into it and check the support goes all the way up your spine. It should not be so high that it interferes with you moving your arms or head.

Arm Rests

You should be able to comfortably rest your elbows without leaning forward (armrest too low) or hunching your shoulders (armrest too high).

Call our friendly staff at Up2date Equipment on 07 307 9101 for more information.

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