



# Info Sheet: Positioning in Wheelchair

## Introduction

- Proper bed and wheelchair positioning is important to:
  - Maintain joint alignment
  - Prevent skin issues
  - Prevent contractures
- Please check with your therapist and/or doctor to make sure these positions are safe for your loved one.
- Please use this handout to supplement your family training.

## Positioning in Wheelchair

- The head should be in the middle.
- Apply the chest strap and the seat belt.
- The pelvis should be level.
- Elbows should be supported on armrests or lap tray.
- Feet should be supported on footrests.
- Shoes will help keep the feet from sliding.
- Your therapist may recommend not wearing shoes. Make sure the feet are supported on a pillow if no shoes are worn.



## Additional Comments:

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