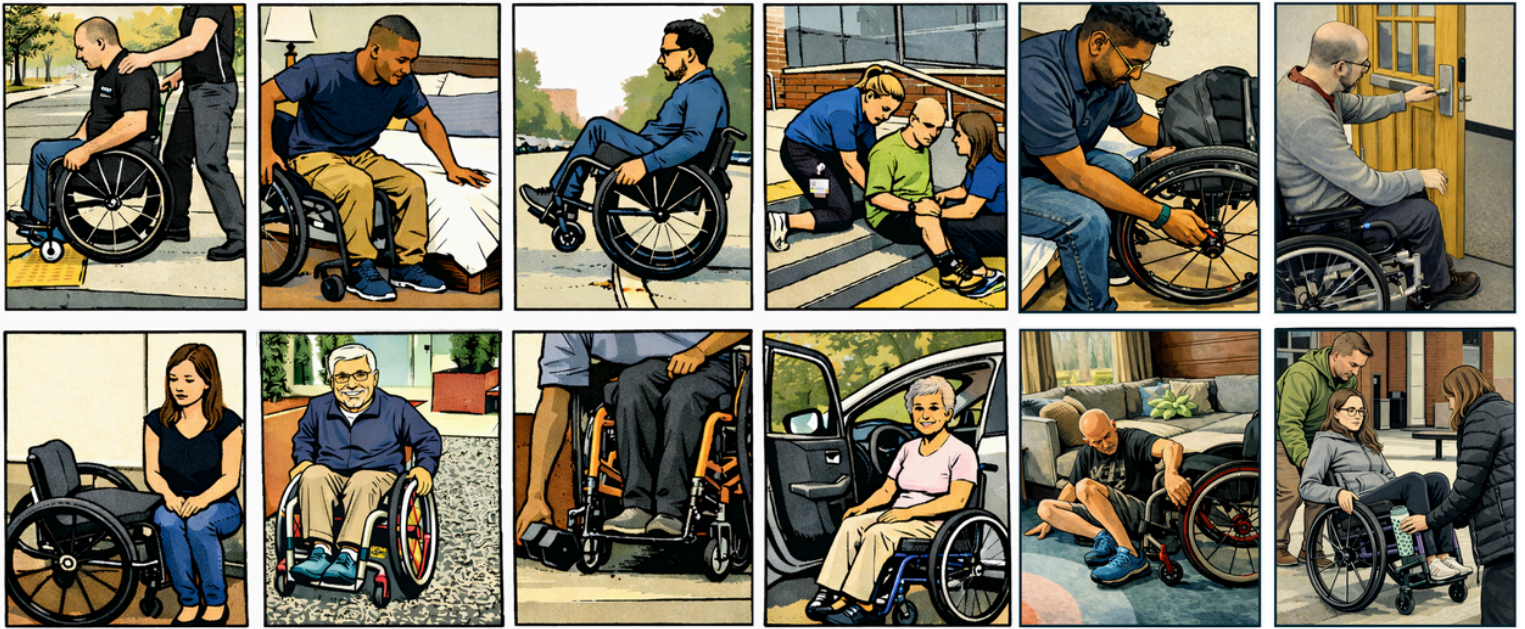


MANUAL WHEELCHAIR SKILLS

BUILD PRACTICAL WHEELCHAIR SKILLS FOR EVERYDAY LIFE



WHAT YOU WILL LEARN

- ROLLING FORWARD AND BACKWARD
- TURNING AND MANEUVERING
- OPENING AND CLOSING DOORS
- PICKING UP OBJECTS FROM THE FLOOR
- NAVIGATING RAMPS AND INCLINES
- GETTING OVER THRESHOLDS AND GAPS
- MOVING ON SOFT OR UNEVEN SURFACES
- GOING UP AND DOWN CURBS
- WHEELIES
- GOING UP AND DOWN STAIRS
- TRANSFERS
- FOLDING/UNFOLDING A WHEELCHAIR

CHOOSE THE COURSE THAT FITS HOW YOU MOVE

- USING BOTH ARMS
- USING ONE ARM AND ONE LEG
- USING BOTH LEGS

WHO MAY BENEFIT

- MANUAL WHEELCHAIR USERS
- CARE PARTNERS AND FAMILY MEMBERS
- REHABILITATION PROFESSIONALS

EACH SKILL INCLUDES:

- STEP-BY-STEP GUIDANCE
- PHOTOS AND VIDEOS
- SAFETY TIPS

WEB-BASED SELF-DIRECTED COURSES FOR EVERYDAY MOBILITY

FIND OUT
MORE AT:

LANDING PAGE

[HTTPS://WHEELCHAIRSKILLSPROGRAM.CA/EN/UPCOMING-COURSES](https://wheelchairskillsprogram.ca/en/upcoming-courses)



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