

Learn the Skill of Wheeling with Wisdom the Lion

Park the sport wheelchair against a wall for safely getting in and out; there are no brakes. When learning to wheel, stay seated with your feet on the footplate (toes behind the front bumper when possible). Use a strap for core stability if required.

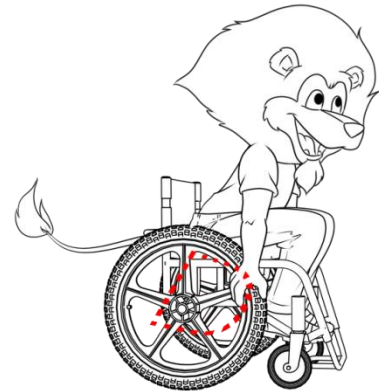
Step 1: Ready Position

Grip the rubber tire and push the rim with thumbs pointing forward at the top of the wheel (12 o'clock). Lean slightly forward with your head up and eyes looking forward.



Step 2: D Stroke

Push with both hands at the same time, then let go of the wheel at 3 o'clock. Recover your hands to the 12 o'clock ready position for the next push. The stroke should look like a capital D.



Step 3: Recovery

When recovering back to the ready position, squeeze your shoulder blades together and engage your back muscles to optimize power and speed.



The same technique is used for wheeling backwards. Make sure to "shoulder check" or look over the shoulder while wheeling backwards. Wheeling forward or backwards can also be done with alternating arms (one arm at a time).