

Manual Wheelchair Power Assist: Is It Right for Me?



Empulse | EMPOWER YOUR LIFE

What is power assist? Power assist is a motorized component added to a manual wheelchair to assist with self-propulsion.

A power assist device can help you:

- ✓ Reduce pain and fatigue
- ✓ Move more easily and safely
- ✓ Stay independent longer
- ✓ Protect your shoulders and arms

EMPOWER YOUR LIFE

Use this checklist to identify areas where power assist may reduce strain, improve mobility, and support your daily life.

Check all that apply to you:

Current Wheelchair

- ☐ My wheelchair is properly fitted, but pushing is still difficult
- ☐ I prefer a manual wheelchair over a power wheelchair

Health & Body

- ☐ I have additional health conditions that make pushing harder (Examples: rotator cuff injury, arthritis, COPD)

My additional health conditions:

- ☐ I feel pain in my neck, back, shoulders, arms, wrists, or hands when I push my wheelchair
- ☐ I experience numbness or tingling in my arms or hands
- ☐ I'm experiencing other issues as a result of pushing my chair (like skin abrasions, pressure sores, spasms, sliding out of my chair, etc.)
- ☐ I get tired or out of breath when pushing, even over short distances
- ☐ My pain or fatigue with pushing my chair has gotten worse over time

Getting Around My Home*

Weakness, paralysis, pain, fatigue, or other symptoms make it difficult for me to:

- ☐ Self-propel my wheelchair in my home to get from room to room
- ☐ Push my chair over surfaces in my home (carpets, thresholds, and/or ramps)
- ☐ Get to the bathroom in time because I can't push my chair fast enough

Activities of Daily Living

Weakness, paralysis, pain, fatigue, or other symptoms make it difficult for me to:

- ☐ Do necessary daily tasks for myself (like dressing, bathing, or cooking) after the work of pushing all day
- ☐ Transfer in or out of my chair because of the work of pushing all day
- ☐ Perform my daily living tasks independently in my home because self-propelling with both hands means I cannot carry the items I need

Pushing My Wheelchair

- ☐ I have trouble pushing on the surfaces I encounter outside my home, like ramps, curb cuts, or uneven ground
- ☐ I need help from others to push me on hills or for long distances
- ☐ I slow down or have to rest because I get tired
- ☐ I can't push far or fast enough to get where I need to go in a timely manner (like to class or to the bathroom)

Community & Participation

- ☐ I've had to cut back on activities I enjoy because pushing my wheelchair has become difficult or uncomfortable
- ☐ I avoid leaving my home or going to activities because pushing my wheelchair is too hard

Safety & Independence

- ☐ I feel unsafe pushing in certain situations (like up/down ramps, in crowds, or for long distances)
- ☐ I struggle to push quickly enough to safely cross streets or navigate busy areas
- ☐ I often need help pushing my wheelchair even though I would prefer to be more independent

If you checked any of these items, power assist may be right for you. Speak with your physician or occupational/physical therapist about your needs and whether power assist could support your mobility and independence.

Scan the QR code to view the Sunrise Medical Power Assist Selection Guide and learn more about the full line of Empulse power assist products available:



*** Insurance Coverage Criteria:** Payers that follow Medicare guidelines cover equipment only when it is determined to be medically necessary for use inside the home.