# Performing a Wheelchair Wheelie

## Edited Video Transcript

Okay, so now we've got the client up in the chair, and we're trying to prepare for community mobility. Well, the community is annoying because you've got stairs to deal with. You've got curb cuts. You've got thresholds. If Brittany is in a wheelchair, say, with a lumbar injury, you know, what is she going to do when she comes to that one-inch threshold? Yeah, cry, have somebody else push her up, get out of her chair on the ground and haul it up. No, we're going to teach Katie how to do a wheelie so she can pop the front wheels up and then pop those front wheels over that curb.

### How to Do a Wheelie Safely

To do that safely, what you do—rigid chairs, since they're so tippy, we always have anti-tips on them. You flip the anti-tips up, so we can get the wheelie, right. Right now, I can, right, okay. Then, get a gate belt. Take the gate belt either around one of these back handles or around your axle. That way, I've got a handle that I can use. “Now Katie, what I want you to do, put your hands on the rims, right, good. Push forward, and then yank back, yep, there, okay good. Push forward, and yank back—a little too much, a little too much, okay, yeah. That was good, okay. Again, okay, a little more, little, oh yeah, that was a nice balance. Okay, try that again. Okay, try that again, there!”

Once Katie finds her balance point, “I'm going to help you find your balance point. In back, big push forward, and then back, push you down. Your balance point is right about, a little forward—right about there, about. Now, you’ve got to actively use your hands to maintain it. Then you'd get that, and you pop the front wheels up, and it's a strong push over. So again, your motion is strong push forward, yank back. Sometimes you need to do a little bit of re-forward.”