

Flex Therapist CEUs

Wheelchairs - Clinical Perspectives

1. Which of the following is not a factor clinicians should consider when determining whether to prescribe a manual or power wheelchair?

- A. The patient's intrinsic factors such as strength and cognition
 - B. The patient's environmental and activity-related needs
 - C. The wheelchair's mechanical and design characteristics
 - D. The patient's preferred wheelchair color
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2. A 42-year-old patient with good upper extremity strength but limited endurance requires a wheelchair for long-distance community use. Which type of wheelchair would most likely be appropriate?

- A. Standard wheelchair
 - B. Power wheelchair
 - C. Ultra lightweight manual wheelchair
 - D. Tilt-in-space dependent wheelchair
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3. What is the primary difference between a manual wheelchair and a power wheelchair?

- A. Manual wheelchairs are only for pediatric use, while power wheelchairs are for adults
 - B. Power wheelchairs are temporary mobility solutions, while manual wheelchairs are permanent
 - C. Manual wheelchairs require propulsion by the user or caregiver, while power wheelchairs use a battery-powered mechanism
 - D. Manual wheelchairs are only used indoors, while power wheelchairs are for outdoor mobility
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4. A clinician is prescribing a wheelchair for a patient who lives in a small apartment with narrow hallways. Which power wheelchair configuration would be most appropriate for this environment?

- A. Mid-wheel drive
 - B. Front-wheel drive
 - C. Rear-wheel drive
 - D. Transport wheelchair
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5. A standing power wheelchair may offer several health benefits, such as improved respiratory function and pressure relief. However, which of the following would be a contraindication for prescribing this type of chair?

- A. Mild postural asymmetry

- B. Contractures or skeletal deformities preventing safe standing
 - C. History of urinary tract infections
 - D. Reduced endurance with self-propulsion
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6. A 72-year-old patient with diminished muscle mass, reduced respiratory function, and mild cognitive decline needs a new wheelchair. Which of the following is MOST important to consider during selection?

- A. Ability to perform wheelies for curb navigation
 - B. Lightweight frame for high propulsion efficiency
 - C. Compact turning radius for outdoor mobility
 - D. Added support and safety features for reduced endurance and cognition
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7. When positioning the wheelchair axle more anteriorly, which of the following benefits occurs?

- A. Decreased rolling resistance and better propulsion efficiency
 - B. Improved backward stability
 - C. Greater shoulder strain and energy expenditure
 - D. Decreased independence and control
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8. A clinician notes that a patient demonstrates a posterior pelvic tilt when seated. What adjustment might best address this issue?

- A. Increase the seat depth to support the thighs
 - B. Add a lumbar wedge or shorten seat depth
 - C. Build up under the high side of the pelvis
 - D. Provide a lateral thigh support
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9. Which of the following is a primary goal of the seating examination during a wheelchair evaluation?

- A. To assess upper extremity coordination for propulsion
 - B. To evaluate vision and hearing deficits
 - C. To identify the need for power versus manual mobility
 - D. To determine the most appropriate type of pressure relief cushion
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10. A clinician is working with a patient who cannot reposition independently and has a high risk for pressure sores. Which type of cushion would be most appropriate?

- A. Passive cushion
 - B. Gel cushion
 - C. Dynamic cushion
 - D. Foam cushion
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11. Hip flexion range of motion should be greater than 90 degrees for which of the following reasons?

- A. To allow the patient to perform wheelchair pushups
 - B. To achieve optimal pelvic position and neutral alignment
 - C. To prevent cognitive decline during wheelchair use
 - D. To increase shoulder range of motion
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12. Which of the following can help maintain neutral pelvic alignment for patients with increased or decreased lower extremity tone?

- A. Calf panels and ankle straps
 - B. Swing-away leg rests with heel loops
 - C. Standard fixed footrests only
 - D. Arm troughs
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13. How often will insurance or Medicare generally reimburse for a new wheelchair, assuming no exceptions?

- A. Every 2 years
 - B. Every 3 years
 - C. Every 5 years
 - D. Every 10 years
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14. Why might a patient with Multiple Sclerosis be issued a heavier, less adjustable manual wheelchair initially?

- A. Because clinicians anticipate slow disease progression and consider it an intermediate step
 - B. Because heavy wheelchairs are required for pressure relief
 - C. Because power wheelchairs are never recommended for MS patients
 - D. Because standard wheelchairs are more expensive
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15. What is a key consideration for wheelchair prescription for a patient who uses one or both feet to propel their manual wheelchair?

- A. Fixed forward axle position for optimal turning radius
 - B. Dynamic pressure relief cushion with motorized support
 - C. Elevated seat-to-back angle to prevent sliding
 - D. A lower seat height or adjustable seat slope to allow the foot to rest flat on the ground
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16. What is the main benefit of properly prescribed wheelchair armrests?

- A. To prevent any need for pressure relief exercises

- B. To optimize postural alignment, assist transfers, and provide a support surface for functional tasks
 - C. To restrict movement of the upper extremities
 - D. To serve as a permanent placement for medical devices
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17. How is the seat height of a wheelchair typically measured?

- A. From the bottom of the heel to the popliteal fossa behind the knee, plus two inches for footrests and cushion height
 - B. From the top of the cushion to the floor
 - C. From the back of the knees to the seat back
 - D. From the hip to the top of the cushion
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18. Which type of manual wheelchair frame offers the most customizability and lowest long-term maintenance costs, suitable for self-propulsion?

- A. Standard wheelchair
 - B. Lightweight wheelchair
 - C. Ultra-lightweight wheelchair
 - D. Transport wheelchair
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19. Why is it important to properly adjust the footrests and legrests on a wheelchair?

- A. To increase the wheelchair weight for stability
 - B. To optimize lower extremity positioning, prevent pelvic sliding, and accommodate medical conditions
 - C. To restrict movement of the lower extremities
 - D. To allow the wheelchair to fold more easily
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20. For a patient with functional use of their upper extremities, where should the backrest ideally be positioned?

- A. Above the head
 - B. At the level of the posterior superior iliac crests only
 - C. At the top of the seat cushion
 - D. Below the inferior angle of the scapula
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21. In acute care settings, which type of wheelchair is most likely to be used for short-term patient mobility?

- A. Ultra-lightweight manual wheelchair
 - B. Transport wheelchair
 - C. Power wheelchair
 - D. Custom contoured wheelchair
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22. Which propulsion technique is considered the most efficient for manual wheelchair users?

- A. Semicircular pattern with hands hovering below the top of the rim
 - B. Single-looping technique with hands hovering above the rim
 - C. Pushing from 12 o'clock to 3 o'clock
 - D. Propelling with only the lower extremities
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23. Which factor is least relevant when selecting the preferred transfer method for a wheelchair user?

- A. Strength of the patient
 - B. Skin integrity
 - C. Patient's favorite color
 - D. Range of motion and coordination
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24. How often should nuts and bolts on a manual wheelchair be inspected to ensure proper function?

- A. Daily
 - B. Weekly
 - C. Monthly
 - D. Yearly
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25. Which strategy helps reduce energy expenditure for a manual wheelchair user?

- A. Using solid tires instead of pneumatic tires
 - B. Inflating tires below recommended pressure
 - C. Performing transfers to higher surfaces whenever possible
 - D. Selecting a properly sized, lightweight, and adjustable wheelchair
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26. What is the primary purpose of a letter of medical necessity when requesting a wheelchair for a patient?

- A. To describe the patient's social history and hobbies
 - B. To provide a comprehensive depiction of the patient's medical needs and justify specialized equipment for third-party funding
 - C. To instruct the vendor on wheelchair assembly
 - D. To compare different wheelchair brands
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27. Which of the following is not typically required in a letter of medical necessity?

- A. Patient's favorite color for wheelchair customization
- B. Patient's current abilities and limitations
- C. Justification for custom or specialized wheelchair components

D. Tests and outcome measures supporting equipment needs

28. After third-party funding approval, what is the vendor's role in the wheelchair process?

- A. Prescribing the appropriate wheelchair based on the patient's needs
 - B. Performing the patient's functional mobility assessment
 - C. Determining the patient's medical diagnosis
 - D. Assembling and delivering the wheelchair according to the therapist's specifications, and providing small adjustments during training
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29. A 55-year-old patient with progressive multiple sclerosis is struggling to safely ambulate in their home and experiences fatigue after short distances. The therapist is preparing a letter of medical necessity for a wheelchair. Which of the following should the therapist include in the letter to ensure third-party funding approval?

- A. Only the patient's diagnosis and age
 - B. A comparison of wheelchair brands available in the clinic
 - C. A detailed description of the patient's functional limitations, tests and outcome measures, and justification for the recommended wheelchair type
 - D. The patient's favorite colors and personal preferences for accessories
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30. During a rehabilitation session, a patient using a manual wheelchair struggles with shoulder fatigue and inefficient propulsion over outdoor surfaces. The clinician wants to reduce energy expenditure and prevent overuse injury. Which intervention is most appropriate?

- A. Recommend switching immediately to a power wheelchair without further assessment
 - B. Teach semicircular propulsion technique, review optimal hand placement, and ensure wheelchair is properly sized and lightweight
 - C. Advise the patient to propel the wheelchair only short distances indoors
 - D. Increase daily shoulder exercises without addressing wheelchair mechanics
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