

# Maximum Accessibility



April 2011

## **Mobility Product Tip Taking a Mobility Product out of Storage.**

When a mobility product has been in storage, perhaps for the winter months, there are some important factors to be considered when the scooter or power chair is returned to use. With spring here and summer just around the corner, here are a few vital checkpoints when taking powered mobility products out of storage:

- **Batteries** – Batteries should have been disconnected from the product when it went into storage. Make sure that the batteries are reconnected properly. Also fully charge the batteries before the product is used, as the batteries will lose charge when not being used for an extended period of time. Perform a load test on each fully charged battery to ensure proper performance.

- **Wheels and tires** – Inspect wheels and tires for any damage and/or dry rot, proper air pressure, and loose hardware. Make any needed repairs or replacement before operation.

- **Seating** – Inspect seating for any damage, loose hardware, and/or dry rot. Repair or replace as needed.

- **Electrical connections** – Inspect all electrical connections to ensure a proper connection and the absence of moisture.

- **Suspension/Structural Components** – Inspect structural components for any loose hardware or rust and replace or tighten as necessary.

Wheelchairs Plus has a wonderful service department that can help you with servicing your mobility product. Call Pam at 1-800-400-1833 to schedule a service call.

## **April is:**

National Poetry Month  
Guitar Month  
Humor Month  
Autism Awareness Month  
Cancer Control Month  
Occupational Therapy Month  
Animal Cruelty Prevention Month  
Autism Awareness Month  
Books to Brighten Young Minds Month  
Community Spirit Month  
Confederate History Month  
Couple Appreciation Month  
Int'l Customer Loyalty Month  
International Guitar Month  
International Legacy Month  
Keep America Beautiful Month

Lawn and Garden Month  
Mathematics Education Month  
National Grilled Cheese Sandwich Month  
National Humor Month  
National Pet First Aid Awareness Month  
National Poetry Month  
National Self-Publishing Month  
National Smile Month  
National Youth Sports Safety Month  
Pets Are Wonderful Month  
School Library Month  
Spring Break Month  
Straw Hat Month  
World Habitat Awareness Month

# PRODUCT OF THE MONTH

## Standing Aids

There are many studies showing that passive standing prevents, reverses, or improves many of the adverse effects of prolonged immobilization. Passive standing can help with:

- Prevention of contractures (ankles, knees, and hips)
- Improvement of range of motion (spine, hips, knees and ankles)
- Reduction in spasticity
- Prevention or reversal of osteoporosis and resultant hypercalciuria
- Improvement of renal function, drainage of the urinary tract, and reduction in urinary calculi
- Prevention of pressure ulcers through changing positions
- Improvement in circulation as it related to orthostatic hypotension
- Improvement in bowel function
- Normalization of respiratory function
- Improve Hip Integrity
- Develop or improve motor skills
- Maintain or re-gain bone density

Not only does passive standing benefit a person medically it also benefits them psychologically. Its been shown to:

- Increase independence and self-image.
- Increase cognition.
- Enhance social development and interactions with peers.
- Decrease fatigue from inactivity.
- Helps prevent depression.

There are three categories of standing aids. Each type of stander has its advantages and disadvantages, and it is possible for more than one type of stander to be appropriate for an individual consumer. A discussion of each kind of standing aid—prone, supine, and vertical—follows.

## Prone Standers

Prone standers support the front of the body; they lean the user forward at varying angles to keep him/her upright. To further steady the user there are lateral (side) supports as well as posterior straps or pads that hold the feet, knees, buttocks, and trunk in place. The angle at which a user stands can usually be varied. The supports can be adjusted for growth or a change in the user's physical condition.



## Supine Standers

Supine standers support the back surface of the body and offer lateral supports to maintain symmetry as well as front straps or pads to position the feet, knees, and trunk. Most supine standers have an adjustable angle tray in front to support the arms and provide a work or play surface. Usually, the angle of the entire stander can be adjusted from horizontal (with the user on his/her back) to vertical. Most have casters for easier mobility. Supine standers, which are similar to tilt tables used in clinical settings to achieve a passive standing position, which stand fully upright are useful for users cannot stand fully upright. The supine category includes both frames and tables or boards.



## Vertical Standers

For people who have fairly good balance and trunk control, vertical standers, standing boxes, and standing tables are often recommended because they generally provide less support than a prone or supine stander. Vertical standers, which usually provide three-point stabilization in a fully upright or vertical position, with supports at the knees, hips, and lower torso, are suited to children who have postural insecurity or are developing lateral weight-shifting skills. Vertical standers come in three types:

1. A **Standing Frame** consisting of two uprights with pads or straps to provide a little extra stability.
2. A **Standing Box** that enables the user to stand in a contained area.
3. A **Standing Table** with a box-like area for standing support or stability, and a high table surface with a cutout for the trunk.



Of those three types of vertical standers, the standing frame and the standing table are the most common. It is rare to find a standing box sold without a table.

Wheelchairs Plus can help you decide which stander will work best for you. Call one of our helpful staff at 1-800-400-1833.

## Employee Spotlight

April has Cassandra Morales in the employee spotlight. Cassandra is an Administrative Assistant in our St. Cloud location. She came to Wheelchairs Plus in August 2010 with an Associates Degree in Medical Transcription and Health Information Technology and a strong background in patient care.

Since the age of 16 she has worked in the medical field. She has worked as a CNA, PCA, HHA, and TMA. She worked in a group home setting for 10 1/2 years before joining Wheelchairs Plus.

Cassandra grew up mostly in a small town called Holdingford located in central MN. She has lived in six other states; South Dakota, North Dakota, Texas, Utah, Wyoming, and Colorado.

Cassandra has been married for 7 years. She has four kids; Holden is 19 (Currently stationed in South Korea with the Army), Tahleah is 10, Jayce is 5, and Cooper is 2. The family also includes one dog, two cats, several fish, and a leopard gecko whom Jayce named "Lion".

Lately finding time for her favorite hobby of reading is difficult but Cassandra says she is going to work harder to find the time.



When asked what her favorite time of day is Cassandra says its is seeing how happy our clients are when they get a new piece of equipment.



### Save the Dates!!!

**Event: Vehicle & Home Access Healthy Living Expo**

**When: June 14th, IRA Civic Center, Grand Rapids**

**Time: 8:00 a.m. to 5:30 p.m.**

**Event: Vehicle & Home Access Healthy Living Expo**

**When: June 15, Midtown Square Plaza, St. Cloud**

**Time: 8:00 a.m. to 5:30 p.m.**

**Vendors Booths Prizes**

**Demonstrations CEU Classes up to .7 credits**

**Call Laurie at 1-800-400-1833 or email her at**

**[laurie.nivala@wcpmn.com](mailto:laurie.nivala@wcpmn.com) for details on how to:**

**Register For Classes**

**Become A Vendor**



# Wheelchairs Plus

## LOCATIONS

**St. Cloud**

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Toll Free 877-882-7700  
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**Bemidji** 218-755-5079

**Grand Rapids**

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