

## 14.2 Shoulder injury prevention checklist



### Shoulder injury risk management strategy checklist

- Ensure the best match between the person, equipment and environment.
- Maintain wheelchair user fitness and strength through appropriate and balanced exercise programs.
- Train the user in optimum wheelchair propulsion (refer to Section 11 on training).
- Use ergonomic risk management strategies such as:
  - » Eliminate or avoid demands for extreme joint positions of the shoulder, elbow and wrist.
  - » Pace activities, allowing sufficient recovery time for the shoulder. For example, take a short break if pushing up an incline, between weight-relieving lifts and during activities of daily living that have high upper limb demands.
  - » Reduce the intensity and frequency of activities that are identified as shoulder injury risks. Examples include alternative pressure-relieving strategies to reduce the frequency of weight-relieving lifts, environmental modifications to reduce the ramp gradient, changing terrain (replacing uneven or resistant surfaces with smoother surfaces, removing carpet etc) or changing the order or method of tasks to avoid the need for specific activities such as pushing up a ramp or curb or pushing at greater speed.
  - » Reduce the performance demands and forces required for activities. This may include maintaining an ideal body weight, using optimum propulsion techniques, adjusting transfer technique, varying transfer technique to avoid over-use (e.g. alternating the arm that leads when possible), using transfer assistive equipment, reducing the distance or changing the configuration of equipment during transfers, performing level transfers where possible.
  - » Adjust the wheelchair set up; for example, place the rear axle as far forward as possible without affecting stability.

#### Not an exhaustive list

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