

# TBI Recovery Guide: Physical Therapy for Wheelchair Pressure Relief

## What is pressure relief and why is it important?

Pressure relief is physically removing weight from areas of your body. It is important to provide pressure relief to areas of your body that are at risk of getting pressure sores, or to existing wounds that could worsen.

## When do I perform pressure relief?

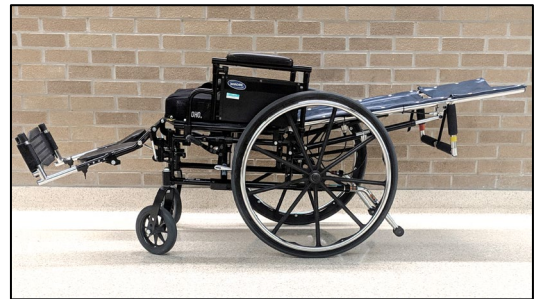
At least 2 minutes every hour spent in the wheelchair without getting up.

## How do I position the wheelchair for pressure relief?

If you have a tilt in space wheelchair:  
tilt your wheelchair until you are at  
maximum tilt



If you have a reclining wheelchair:  
Tilt your wheelchair until you reach full  
recline with your legs elevated



## How do I position my equipment to prevent falls?

### Gait Belts:

- You must wear your gait belt when out of bed
- Place it snugly around your natural waist



### Bed Rails:

- Keep 3 bed rails up when resting in bed



### Seatbelts and chest straps:

- You must wear your seat belt at all times when you are up in your wheelchair
- Keep your chest straps buckled at all times when you are up in your wheelchair



### Family questions and notes:

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