



Shepherd Center in Atlanta, Georgia, is a not-for-profit hospital specializing in medical treatment, research and rehabilitation for people with spinal cord injury and disease, acquired brain injury, multiple sclerosis and other neuromuscular disorders. Founded in 1975, Shepherd Center is ranked by *U.S. News & World Report* among the top 10 rehabilitation hospitals in the nation.

For more information, please contact
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Shepherd Center
2020 Peachtree Road, NW
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ADVANCED WHEELCHAIR SKILLS CLINIC 2018

OCTOBER 13, 2018



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Shepherd Center's **Advanced Wheelchair Skills Clinic** aims to provide manual wheelchair users with continued education to learn, review and practice wheelchair skills under the guidance of Shepherd Center therapists. Practicing these skills may translate into increased confidence, safety and independence when performing manual wheelchair skills during daily activities and in the community. Skills covered in this clinic may include propulsion technique, wheelies, curbs, falling safely, uprighting the wheelchair, and negotiating challenging elements such as grass, stones, sand and stairs.

Target Audience

This clinic is appropriate for:

- Persons who use a manual wheelchair as their primary means of independent mobility
- Persons independent in personal care or who will have a caregiver present
- Persons with a working wheelchair that does not currently require maintenance



ADVANCED WHEELCHAIR SKILLS CLINIC DETAILS

WHEN: **Saturday, October 13, 2018**
9 A.M. – 1 P.M.

WHERE: **Mike Utley Terrain Training Course**
(Outside the plaza level of the Woodruff Family Residence Center)

Shepherd Center
2020 Peachtree Road
NW Atlanta, GA 30309

COST: **FREE!** Participants will also receive a complimentary T-shirt.

SCHEDULE OF ACTIVITIES

9 – 9:30 A.M.	Registration
9:30 – 10 A.M.	Welcome and educational session
10:00 – 11:30 A.M.	Skill instruction and practice
11:30 – 11:45 A.M.	Break and refreshments
11:45 A.M. – 1:00 P.M.	Skill instruction and practice
1 P.M.	Wrap-Up

Precautions/Restrictions

Please make us aware if any of the following apply to you:

Recent or unstable fracture of the spine or extremities (within the past six months)

Wheelchair that currently requires maintenance (If so, please make an appointment with your supplier and address these issues before registering for this course.)

Other Important Information

- A caregiver or friend may attend to work on spotting technique, but is not required for participation.
- Weather permitting, this course will be held outside at Shepherd Center. The alternate location for this clinic is the plaza level of the Woodruff Family Residence Center.
- Please wear closed-toe shoes to prevent foot injury.
- Please remember that wheelchair maintenance will not be performed during this clinic.
- This clinic is not intended to serve as, or replace, formal therapy.

To register for this clinic online, visit:
shepherd.org/WheelchairSkillsClinic

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