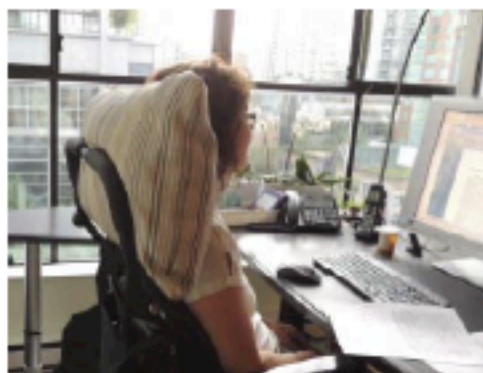


## Stroller Handles for Wheelchairs

*by dorit hoffmann and linda mactgowan*



It can be very uncomfortable for care-partners to push a wheelchair that is either lower or higher than their comfort level height, possibly inviting back strain, neck strain and poor posture. Easy-to-use handle extensions may just be the solution.

Stroller handles attach quickly and easily to all major brands of manual wheelchairs, using ball bearing pins. They will be installed on your chair, ready for use at a moment's notice. No tools required.



A quick release cam handle allows for easy adjustment, better steering and control for people of all sizes, a push down with one hand makes it easy to go up and down curbs, even higher ones, giving you better leverage. These devices can add up to 8 inches in height and will accommodate up to 300 pounds.

Stroller handles are essential when negotiating cobblestones, uneven terrain, unpredictable stair heights and widths. They are easily removed when your chair needs to be folded for placement in the car or when traveling on an airplane. Stroller handles can be purchased from any mobility device vendor. The cost may be partially covered under extended health benefits, or see if you qualify for help from the MS Society's Equipment Provision Plan.

It is a noticeable improvement to be able to change hand positions and – as is the distance to the chair, you'll be able to walk with a longer stride, maybe even run, and going downhill allows for full control without getting white knuckles.

An extra bonus: The "pusher" is able to strengthen all the shoulder muscles and the "pushee" can sleep comfortably while you watch your favorite movie.

