



# User Manual



**THIS BOOKLET BELONGS TO:**

---

## Table of Contents

Moving the Mobility Cart.....	1
Getting on and off.....	2
Similar level surface.....	2
From the ground.....	2
Maintenance.....	3
Pressure Sores.....	4
Pressure relief techniques.....	4
Pressure sore prevention.....	4
Follow up.....	5

# Moving basics:

## Basic Movements



Move backwards as shown



Move forward as shown



Turning:  
Rotate wheel in desired direction and spin arm pedals forward or back as desired.

## Steep hills



Going up: go up BACKWARDS



Going down: hold arm brake BETWEEN arm pedals

# Getting On and Off

## From a similar height surface:



1) Set brake on Mobility Cart and move to edge of surface.



2) Transfer to surface.



4) Place body in the center of surface.



3) Place legs in the correct place.



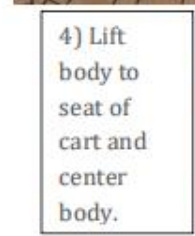
## From the ground:



2) Set brake on Mobility Cart and lift to edge of cart.



1) Place one hand on fork and one on seat to lift up.



4) Lift body to seat of cart and center body.



3) Place legs in the center of the cart.

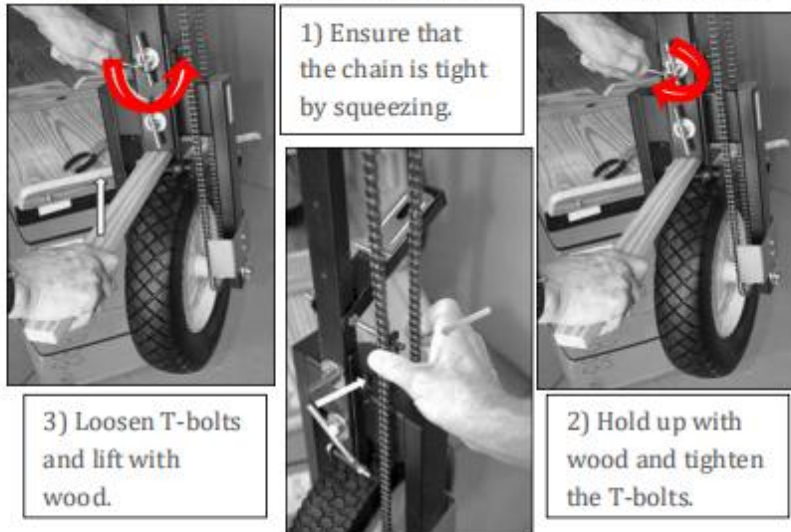


# Maintenance

## Chain (to be checked every two months):

\* Grease/oil the chain

\* Tightness (if chain is loose follow the images below to tighten):



## Moving parts (to be checked every two months):

\* Grease/oil all parts that move indicated below (use bicycle oil or vegetable oil)



\*\*\* Also ensure no rips or tears in covering or sharp edges.\*\*\* 3

# Pressure Sores:

## Pressure relief:

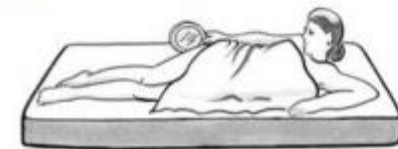
\*\*\* To be done EVERY 15 to 30 minutes \*\*\*\*



## Pressure sore prevention:

\*\*\* Need to check skin daily\*\*\*

- use mirrors to see where not possible.



\*\*\* Need to maintain dry and clean skin\*\*\*



# Follow up:

## Six week follow up appointment:

Date to return: \_\_\_\_\_

Location: \_\_\_\_\_

Phone number and name to call for changes: \_\_\_\_\_

Six month follow up date: \_\_\_\_\_

Annual follow up date: \_\_\_\_\_

## Items that need one to follow up BEFORE a scheduled appointment:

\*\*\* Broken Mobility Cart

\*\*\* Pressure sore - even at stage 1 \*\*\*



- Reddened skin
- Pain
- Does not turn white when pressed

\*\*\* Pain in back

\*\*\* Positioning changes

\*\*\* Change in breathing patterns when sitting in Mobility Cart

## Mobility Worldwide partner information:

Name of organization: \_\_\_\_\_

Contact person: \_\_\_\_\_

Contact number: \_\_\_\_\_

Seek extra training if any of the following apply to you, or change after you receive the Mobility Cart:

- \* Can no longer lift self onto cart
- \* You develop a pressure sore
- \* Cart breaks

## Contact Us

### Mobility Worldwide®

is an initiative of PET International, Inc.

503 East Nifong Blvd., Ste H #186  
Columbia, MO 65201 United States

+1.770.407.8796

[MW@MobilityWorldwide.org](mailto:MW@MobilityWorldwide.org)



This booklet belongs to:

Phone number: \_\_\_\_\_