



CLINICAL ASSISTANCE GUIDE

REHABRX WHEELCHAIR

Aspire Rehab RX Tilt-in-Space Manual Wheelchairs



Aspire Rehab Tilt-in-Space Wheelchairs are designed to provide assistance and increased independence for individuals who have limited mobility, are immobile or require sitting support and positioning.

The Aspire Rehab range of Tilt-in-Space wheelchairs can be propelled by the occupant via the rear wheel hand push rims, or by an attendant using the rear mounted push handles behind the backrest.

These wheelchairs have been designed for use indoors and outdoors, where the surface terrain is dry, hard and level.

The highly configurable seating system facilitates the scope to grow or shrink with changing occupant needs and the chairs have passed international standards testing for safety, stability, durability and safe transportation of occupants in motor vehicles.

Aspire Rehab Tilt-in-Space Wheelchairs are designed for durability and offer a robust steel frame construction.

A wide range of accessories have been designed to complement the Aspire Rehab Wheelchair range, broadening its application across Acute, Rehab, Long-Term Care and Community care environments.

FEATURES

- The Rehab RX is designed for the more complex user, who requires assistance with positioning, re-positioning and skin management
- The Rehab RX Junior is designed for the increased postural support and pressure care of children, via easy repositioning and advanced adjustability.
- Tilt (26°) and backrest recline (30°) – facilitates weight re-distribution and the preservation of skin integrity. It also optimises user comfort, decreases user fatigue and assists with head control
- Contoured, built-up backrest and seat cushion - the backrest has a gentle lumbar build up and moderate lateral supports; together with the abductor and adductor build-up at the seat cushion, midline positioning is optimised
- Advanced articulating leg rests – closely mimic the normal movement at the knee upon elevation, allowing the thigh to maintain contact with the seating surface, ensuring maximum support and skin contact with the cushion
- **Breathability** - support surfaces offer multi-layered foam with breathable multi-stretch covers - for pressure re-distribution, comfort and to enhance skin microclimate
- **Highly adjustable** - depth and width adjustable seat sizing. Height adjustable and removable armrests. Adjustable headrest.
- **Crash Tested** – to AS/NZ3616.196
- **Customisable** – if further support is required through the seating system, the Aspire Rehab RX can accommodate a range of after-market back rests and cushion options. Ask the Aidacare Complex Rehab Team for further information.

OPTIONAL ACCESSORIES

- Base frame extension
- 20" or 16" alternative wheels
- Therapist adjustment kit
- Stump supports
- Safety belt
- Oxygen bottle holder
- Meal tray
- Anti-tip bars
- IV pole

IDEAL USER CONDITIONS

- Wheelchair users who are unable to independently shift their body weight or adjust their posture. This could be due to:
 - A neurological condition such as a CVA, MND, Guillain Barre Syndrome
 - Frailty due to old age or dementia
- Wheelchair users who are unable to maintain pelvic, thoracic, or head position and/or balance against gravity for prolonged periods of time

CLIENT OUTCOMES

The Aspire Rehab Tilt-in-Space Wheelchair can assist user outcomes in the following ways:

Assistance to maintain a good position in the wheelchair:

- The Tilt-in-Space function uses gravity to assist carers to position the wheelchair user's pelvis well back in the wheelchair. The tilt function also assists the user or their carers to reposition the user throughout the day to maintain a good position and reduce complications associated with posterior pelvic tilt (sacral sitting) from sliding forward in the wheelchair or spasming resulting from a change in positioning
- The Tilt-in-Space function can assist in reducing or correcting posterior pelvic tilt and associated development or worsening of postural deformities such as kyphosis
- Tilt-in-Space helps promote proper seating alignment and decreases the potential for postural deviations such as a posterior pelvic tilt, thoracic kyphosis, and/or lateral lean that can result from fatigue when the person is unable to maintain an upright posture against gravity

Reduced, or management of, pain or fatigue:

- It is not usual to sit in one position all day. We typically adjust our posture in response to pain, discomfort or fatigue. For those who have limited mobility, a Tilt-in-Space wheelchair enables a carer to alter the wheelchair user's posture to manage pain or fatigue, without the need to return the person to bed
- Tilting combats the effects of neck muscle weakness, providing a break from constantly holding the head up against gravity

Reduced muscle fatigue and improved comfort due to facilitation of posture change throughout the day:

- The high back and head rest, Tilt-in-Space and recline functions enable the user's posture to be supported and postural changes made to help reduce fatigue and the risk of developing pressure injuries, allowing the user to sit out of bed for longer periods of time than standard manual wheelchairs. This provides opportunities for socialisation, getting out and about on suitable terrain and enjoying activities and meals with others
- The Tilt-in-Space function provides respite from the effects of gravity on the upright posture. The user can be tilted and reclined to rest instead of transferred back to bed

Support for social activities and getting out and about:

- Upright positioning improves visual access, reach and function improving participation in activities
- The Rehab RX wheelchairs have been crash tested to AS/NZ3616.196 and have tie down points to enable the user to be transported in a suitable vehicle
Note: MAXIMUM WEIGHT CAPACITY - 180KG however, the maximum weight capacity for safe transportation of an occupant in a motor vehicle is 135kg

Supported upright positioning for improved health outcomes:

- *Respiration*
 - An upright, tilted and supported posture can counter the effects of gravity and fatigue on respiration allowing thoracic extension for improved lung function
- *Feeding and digestion*
 - A supported upright posture can reduce choking and aspiration risks as well as gastric reflux
 - For those requiring PEG feeding, the Rehab RX can support an upright posture as required after feeding
- *Postural hypotension*
 - Tilt-in-Space can provide appropriate positioning for clients who are at risk of postural hypotension or dizziness from sitting too upright

- *Pressure care*
 - The Tilt-in-Space function of the Rehab RX enables postural change to redistribute body weight to a greater surface area (i.e., from the sacrum to the back) to help alleviate pressure areas
 - The Rehab RX Tilt-in-Space wheelchairs can accommodate customised seating systems to further support posture and pressure redistribution

SPECIFICATIONS

Aspire Rehab RX Tilt-in-Space Manual Wheelchairs								
Code	Overall Width	Seat Width	Seat Depth	Seat Height	Backrest Height	Armrest Height	Chair Weight	SWL
MWS449710	690mm	410-460mm (16"-18")	440-530mm	Front: 410-440mm Rear: 400-475mm	460-710mm	310-460mm	41kg	180kg
MWS449720	740mm	460-510mm (18"-20")	440-530mm				43kg	
MWS449740	790mm	510-560mm (20"-22")	470-560mm				47.2kg	

Aspire Rehab RX JNR Tilt-in-Space Manual Wheelchairs								
Code	Overall Width	Seat Width	Seat Depth	Seat Height	Backrest Height	Armrest Height	Chair Weight	SWL
MWS449630	600mm	320-370mm (13"-15")	440-490mm	Front: 410-440mm Rear: 400-475mm	460-710mm	310-460mm	39.5kg	180kg

WARRANTY

- 2-year warranty on the frame
- 1-year warranty on all components

Please keep purchase invoice as proof of warranty commencement.

- Aidacare is bound by Australian Consumer Law in respect to 'Warranty against Defects' on this product. A copy of the Aidacare 'Warranty against Defects' statement is available upon request. Any contact in regard to warranty matters should be made to Aidacare Customer Service staff on 1300 133 120, emailed to product@aidacare.com.au or communicated directly to your Aspire Dealer.
- Aidacare does not warrant against excessive or incorrect use, modification or any situation that could not be deemed as fair wear and tear. Tyres, tubes and castor wheels are not covered under the 2-year warranty as these are considered consumable items. These consumable items carry a 12-month warranty against manufacturer defects only, NOT wear and tear from reasonable use.
- The warranty on this product is a back to base warranty and does not cover any freight costs pertaining to the return of any items under warranty. Aidacare acknowledges and conforms to all ACCC guidelines around consumer rights. For further information contact Aidacare 1300 133 120.
- Aidacare will not guarantee the safety and the correct functioning of the wheelchair in the case that any of the original components have been changed or modified and or replaced with non-original Aidacare approved parts. If any faults are detected upon receiving the wheelchair, please phone Aidacare to arrange a replacement. Any faults that are detected during normal use should be reported to Aidacare immediately to determine if warranty conditions apply and organise repair and/or replacement as applicable.

COMPLIANCE

- **Standard:** AS3696-1:2008, AS3696-3:2008, AS3696-5:1989, AS3696-8:1998, ISO7176-7:1996 and the requirements of AS3695.1:2011 (except ignitibility, and materials)
- **Crash Tested:** AS/NZ3616.196

USER MANUAL

- Tilt in Space - Manual Wheelchair:
https://www.aidacare.com.au/globalassets/knowledge/resources-page/aspire/aspire_tilt_in-space_user_manual.pdf

MAINTENANCE

Schedule

Weekly	Periodically	Yearly	Serviceable Components
<ul style="list-style-type: none">• Check brakes are functioning properly	<ul style="list-style-type: none">• Check for signs of wear on front castors• Check for signs of wear on rear tyres	<ul style="list-style-type: none">• Service to be completed by authorised Aspire Service Agent	<ul style="list-style-type: none">• Wheels and Tyres• Forks• Axles• Armrest receivers• Cables and Gas Struts• Footrest Mounts• Footplates• Armrest Pads

Care for Your Chair

- The seat and backrest cushions can be removed for cleaning. The breathable PU cover can be wiped with a wet sponge and is compatible with Tuffie Wipes provided it is then wiped down with a damp cloth afterwards. All other components can be cleaned with a damp cloth.
- Check tyre condition at least twice per month.
- Check that rear wheel spokes are not loose. Loose wheel spokes can reduce the strength of the rims and must be safely adjusted by a qualified technician.
- Always keep rear wheel quick release axles clean and free from dirt and hair build up.
- Should push rims become scratched these should be de-burred or replaced to avoid damage to skin (not necessary for Aspire Transit 2 model).
- Brakes should be checked regularly.

Should you have any doubts about the correct functioning of the wheelchair or of any of its components, please contact AIDACARE on 1300 133 120 or your local Aspire distributor. The tool kit provided will allow basic adjustments to the wheelchair, for further information on repairs and service contact AIDACARE on 1300 133 120.

SUPPORTING EVIDENCE

- Usage of tilt-in-space, recline, and elevation seating functions in natural environment of wheelchair users Journal of Rehabilitation Research and Development 2008 Dan Ding, PhD; Elizabeth Leister, MS; Rory A. Cooper, PhD; Rosemarie Cooper, MPT, ATP; Annmarie Kelleher, MS, OTR/L, ATP; Shirley G. Fitzgerald, PhD; Michael L. Boninger, MD
<https://www.rehab.research.va.gov/jour/08/45/7/ding.html>
- Jan, Y., & Crane, B., A. (2013). Wheelchair Tilt-in-Space and Recline Does Not Reduce Sacral Skin Perfusion as Changing From the Upright to the Tilted and Reclined Position in People With Spinal Cord Injury. Archives of Physical Medicine and Rehabilitation, 94, 1207-1210.
- Wheelchair Tilt-in-Space and Recline Functions: Influence on Sitting Interface Pressure and Ischial Blood Flow in an Elderly Population.
- Zemp R, Rhiner J, Plüss S, Togni R, Plock JA, Taylor WR. Biomed Res Int. 2019 Mar 6;2019:4027976. doi: 10.1155/2019/4027976. eCollection 2019.
- To Tilt or Not to Tilt: The Benefits of Tilt-in-Space Kathy Wechsler 2005
<https://www.mda.org/quest/article/tilt-or-not-tilt-benefits-tilt-space>

LINKS

- No links available

AIDACARE KNOWLEDGE HUB

- Aidacare Website Link:
Aspire Tilt-in-Space Rehab RX Manual Wheelchairs: Tilt in Space Manual Wheelchair - Multiple Adjustable Features:
<https://www.aidacare.com.au/products/wheelchairs/manual-wheelchairs/tilt-in-space-wheelchairs>
- PDF Library:
- User Manual - Tilt in Space - Manual Wheelchair:
https://www.aidacare.com.au/globalassets/knowledge/resources-page/aspire/aspire_tilt_in-_space_user_manual.pdf
- Aspire Wheelchair Range:
https://www.aidacare.com.au/globalassets/knowledge/resources-page/aspire/aspire_wheelchair_range_brochure.pdf
- Video Library: Videos | Aidacare | Mobility | Wheelchairs |
Choosing the Right Wheelchair for You
https://www.youtube.com/watch?v=C3_MPfq-1R0&ab_channel=Aidacare
- Aspire Rehab RX & RS Tilt-in-Space Wheelchairs
https://www.youtube.com/watch?v=NUUB4bCIHHA&ab_channel=Aidacare