



## The “Power” of Moving to the Right Chair

A Bruno Byte

From Dr. Richard L. Bruno, HD, PhD

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**Question:** I'm new to the Post-Polio Coffee House and had a sharp decline this year. I'm barely able to walk at night with my walker without my braces on. I have a wheelchair. I'm afraid of the future. I'm getting a commode chair and a shower chair with a bench. I'm getting a nurse's aide to help me with the shower and dressing. I just got a bi-pap machine. It's all overwhelming me. I want to stay in my home, but plan for the future. I know I'll be wheelchair bound some day and the reality terrifies me.

**Comment:** Use a wheelchair now when you can get in and out of it as you need to. Don't wait until you have to be in one most of the time. I have had a power wheelchair for 18 years now. I didn't like it but it sure gets me loads of places that I could not go without it. Without it my life would have been so limited and I have tons more energy to DO things and enjoy life. I know the changes are hard to take. But aids are there to help us manage our energy so we can do more of what we want! Use them!

**Dr. Bruno's Response:** There have been questions about power wheelchairs recently.

These are the [Medicare requirements](#) (as of the date of this article)

These NEW Medicare requirements for a power wheelchair is now upper extremity function, not strength! Therefore, pain and range of motion that limit function (and make pushing a manual wheelchair inappropriate) would qualify you for a power wheelchair. Talk to your Rehabilitation Physicians ([Physiatrist](#)) so they can help you get the equipment that is right for you.

All I can say is to walk is human, to roll divine! You may be wheelchair-bound, you may be Alabama-bound, but no one need ever be "confined" to a wheelchair. A wheelchair does exactly the opposite of confinement: it opens up your entire world! Get a head start. Talk to your doctor about getting a power wheelchair for distance before you need it, so that you can conserve and never be "confined."

Wheel Chair “Bound”



Or the Freedom to Roll?



### **The Encyclopedia of Polio and Post-Polio Sequelae**

contains all of [Dr. Richard Bruno's](#) articles, monographs, commentaries and “Bruno Bytes”

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