

Wheelchair Odometers

Monitoring your physical activity with a wheelchair odometer is useful for setting your personal physical activity goals. Similar to pedometers used by walkers, odometers measure the distance covered while pushing you in a wheelchair.



Installation Tips:

- Use digital odometers designed for bicycles with wheelchairs.
- Select a “wired” not a “wireless” model. The battery will last longer.
- Follow the general instructions for bicycle mounting, but adapt them as necessary for your chair. For example, mount the sensor attached to the wire on the frame under the seat. Next, run the wire along the frame to the front uprights where the display can be mounted and accessed. Most bicycle shops can help with mounting if you have difficulty.
- Before first use, calibrate your odometers to tire size. Follow the instructions that come with the odometer to do this. Measure your tires to be sure you enter the correct size into the odometer. The standard wheelchair tire diameter is 24 inches.



Using the Odometer to Track Physical Activity

Progress:

- Use the odometer every day for a week. You don't need to increase your activity level the first week. Simply observe how much distance you cover.
- At the end of each day, record your mileage covered.
- At the end of the week, total your mileage and divide by the number of days recorded. This will give you a daily average.
- Each week try to increase your mileage by $\frac{1}{4}$ to $\frac{1}{2}$ mile per day. For example, if you average 2 miles per day, set a goal to increase to $2\frac{1}{2}$ miles per day the next week and 3 miles per day the week after that.
- Set realistic goals.
- Record your mileage covered each day on your Food and Physical Activity Diary.
- 5 miles pushed in a wheelchair is approximately equal to 10,000 steps per day walking and is a great long-term goal.

