

The list of daily wheeled mobility skills sorted by level of essentiality
(1-5 scale)

	The WM skill	Average	Standard deviation
1	Transferring into a car / out of a car	4.67	0.69
2	50 meter forward	4.49	1.02
3	Going up a ramp and opening a door	4.35	0.95
4	Up and down hill gentle slope (6 meter)	4.34	0.83
5	Ascending/descending 2.5cm sidewalk	4.20	1.13
6	Transferring from one wheelchair to another	4.16	1.27
7	Transferring from the floor to a wheelchair	4.13	1.26
8	Ascending/descending 5cm sidewalk	4.05	1.21
9	Moving on irregular surface propulsion (carpet, grass, gravel)	4.01	1.10
10	Going up & down a steep slope (6 meter)	3.96	1.01
11	Transferring from a wheelchair to the floor	3.94	1.31
12	Crossing a steep slope	3.78	1.01
13	Wheelie (balance on the rear wheels) – Stationary	3.73	1.44
14	Wheelie – Forward	3.71	1.39
15	Ascending/descending 15cm sidewalk	3.42	1.44
16	Jump with the wheelchair (for example: small jumps to come into parallel position in the elevator when there is not enough space to turn)	3.37	1.41
17	50 meter backwards	3.29	1.49
18	Turn while wheelie	3.01	1.46
19	Going up and down escalators	3.00	1.53
20	20 meter sprint	2.97	1.35
21	Wheelie – backward	2.85	1.59
22	5 minutes on a treadmill	2.81	1.43
23	Going up & down a flight of 5 stairs - with handrail	2.34	1.44
24	One handed wheelie (while holding a cup in the other hand)	1.96	1.36

The survey among users

Decisions about survey content were gathered from a literature reviews of wheeled mobility skill tests that were published between 1970 and 2007, the researchers' own experiences working with individuals with SCI, and the British Spinal Injuries Association "Turning the Corner" video (2003 © all rights reserved).

The survey with 24-skills was presented among wheelchair athletes with SCI during the Beijing Paralympic games (2008). Respondents were asked to state the essentiality of each skill (1-5; *Not essential to Extremely essential*). The study sample (M/F: 49/30, Para/Tetra 64/15) represented 18 countries and 14 sports disciplines.

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