

2024 Adult Wheelchair Compendium of Physical Activities

Major Heading	Specific Activity Code	MET _{WC}	Activity Description
Exercise	90101	1.7	Aerobics
Exercise	90102	2.2	Arm Ergometry 16W
Exercise	90103	2.3	Arm Ergometry 20W
Exercise	90104	2.7	Arm Ergometry 30-32W
Exercise	90105	3.5	Arm Ergometry 40-48W
Exercise	90106	4.6	Arm Ergometry 60-64W
Exercise	90107	4.4	Arm Ergometry 80W
Exercise	90108	5.4	Arm Ergometry 96W
Exercise	90109	2.3	Arm Ergometry (self-selected intensity, moderate)
Exercise	90110	4.3	Arm Ergometry exercise (self-selected intensity, vigorous)
Exercise	90111	2.2	Eccentric Arm Ergometry
Exercise	90120	3.0	Handcycle - 8 km/h
Exercise	90121	7.5	Handcycle - 16 km/h
Exercise	90122	3.6	Handcycle ergometer (general)
Exercise	90123	4.5	Handcycle racing
Exercise	90125	2.1	Resistance (weight) Training
Exercise	90126	2.3	Circuit Training
Exercise	90127	1.5	Resistance band
Exercise	90128	2.0	Wheelchair pushups
Exercise	90132	3.4	Skill Parcour
Exercise	90133	4.4	Heavy-bag boxing
Exercise	90136	2.7	Wheeling 10-18W
Exercise	90137	3.3	Wheeling 20-26W
Exercise	90138	4.1	Wheeling - 30-35W
Exercise	90139	3.9	Wheeling - 50W
Exercise	90145	2.8	Wheelchair dynamometer - 3.2 km/h
Exercise	90146	3.6	Wheelchair dynamometer - 4.8 km/h
Exercise	90147	3.1	Wheelchair - slalom course
Exercise	90148	1.8	Wheeling indoor course 2.57 km/h
Exercise	90149	2.3	Wheeling indoor course 3.4-3.9 km/h
Exercise	90150	2.2	Wheeling indoor course 4.5-4.8 km/h
Exercise	90151	2.9	Wheeling indoor course 5.0-5.5 km/h
Exercise	90152	4.8	Wheeling indoor course 6.5 km/h
Exercise	90153	2.7	Wheeling outdoor track 1.5 km/h
Exercise	90154	1.9	Wheeling outdoor track 2.0 km/h
Exercise	90155	4.0	Wheeling outdoor track 3.4 km/h
Exercise	90156	3.8	Wheeling outdoor track 4.0-4.3 km/h
Exercise	90157	4.3	Wheeling outdoor track 5.5 km/h
Exercise	90158	4.0	Wheeling outdoor track 6.0 km/h
Exercise	90159	5.9	Wheeling outdoor track 8.0 km/h
Exercise	90160	7.9	Wheeling - racing
Exercise	90161	3.2	Wheeling - Ergometer
Exercise	90165	2.4	Treadmill Wheeling 2.2-2.9 km/h
Exercise	90166	2.8	Treadmill Wheeling - 3.0-3.9 km/h
Exercise	90167	3.4	Treadmill Wheeling - 4.0-4.9 km/h
Exercise	90168	3.4	Treadmill Wheeling - 5.8 km/h
Exercise	90169	3.5	Treadmill Wheeling - 6.0 km/h
Exercise	90170	4.2	Treadmill Wheeling - 7.0-7.9 km/h
Exercise	90171	3.8	Treadmill Wheeling - 2.2-2.9 km/h , 4.7% grade
Exercise	90172	4.4	Treadmill Wheeling - 3.6 km/h , 4.7% grade
Exercise	90173	4.2	Treadmill Wheeling - 2.2-2.9 km/h , 6.3% grade

Exercise	90174	5.2	Treadmill Wheeling - 3.6 km/h , 6.3% grade
Exercise	90175	4.8	Treadmill Wheeling - 2.2-2.9 km/h , 8.4% grade
Exercise	90176	5.2	Treadmill Wheeling - 3.6 km/h , 8.4% grade
Exercise	90177	2.1	Treadmill Wheeling - 4.0 km/h w/ extra weight
Exercise	90178	2.7	Treadmill Wheeling - 4.0 km/h, 2% grade
Exercise	90179	3.4	Treadmill Wheeling - 4.0 km/h, 3% grade
Exercise	90185	2.6	Wheeling using Handle-based Propulsion - 15W
Exercise	90186	3.6	Wheeling using Handle-based Propulsion - 20W
Exercise	90187	4.4	Wheeling using Handle-based Propulsion - 25W
Exercise	90188	5.0	Wheeling using Handle-based Propulsion - 30W
Exercise	90189	5.3	Wheeling using Handle-based Propulsion - 35W
Exercise	90190	1.8	Wheeling using Handle-based Propulsion - 2.5 to 2.9 km/h
Exercise	90195	2.3	Wheeling dynamometer w/ PAPA W - 15W
Exercise	90196	3.5	Wheeling dynamometer w/ PAPA W - 30W
Exercise	90197	3.4	Wheeling on outdoor course w/PAPA W - 5.4 km/h
Household activities	90201	2.2	Making Bed
Household activities	90205	3.1	Dressing/undressing
Household activities	90210	1.8	Dusting
Household activities	90215	1.8	Laundry
Household activities	90220	3.0	Mopping
Household activities	90225	3.7	Moving furniture, household items, or boxes
Household activities	90230	2.5	Moving items
Household activities	90235	1.9	Showering
Household activities	90240	2.7	Vacuuming
Household activities	90245	1.9	Washing Dishes
Household activities	90250	1.5	Eating
Household activities	90255	1.8	Preparing food
Household activities	90260	1.9	Grocery shopping
Household activities	90265	2.3	Sweeping floor
Household activities	90270	1.8	Cleaning Room
Household activities	90275	1.8	Checking Mail
Household activities	90280	2.1	Cleaning Car
Household activities	90285	3.1	Transfer to/from wheelchair
Inactivity	90301	1.1	Deskwork, light effort
Inactivity	90305	1.2	Reading
Inactivity	90310	1.2	Watching TV
Inactivity	90315	1.1	Passive Wheeling (pushed by another person)
Inactivity	90320	1.3	Writing/crossword puzzles
Inactivity	90325	1.5	riding an elevator
Inactivity	90330	1.4	playing with iPad
Inactivity	90335	0.8	Filing papers, light effort
Inactivity	90340	1.2	Computer work (word processing, internet use)
Sport/recreation	90501	5.1	Basketball
Sport/recreation	90505	3.2	Basketball - casual
Sport/recreation	90510	1.8	Billiards
Sport/recreation	90515	1.8	Bowling
Sport/recreation	90520	2.0	Darts
Sports/recreation	90525	7.1	Fencing
Sport/recreation	90530	1.1	Fishing/casting
Sports/recreation	90535	11.8	Nordic sit skiing
Sport/recreation	90540	2.7	Rugby
Sport/recreation	90545	2.7	Table tennis
Sport/recreation	90550	4.1	Tennis
Sport/recreation	90555	1.8	Power Wheelchair Soccer - competitive

Sport/recreation	90560	1.5	Video gaming
Sport/recreation	90565	1.5	Playing cards
Sports/recreation	90570	2.0	Dance - Modern, torso controlled wheelchair
Sports/recreation	90575	2.0	Dance - slow paced
Sports/recreation	90580	3.1	Dance - fast paced
Sports/recreation	90585	1.7	Dance - Electric power chair
Sports/recreation	90590	2.6	Exergaming
Transportation	90601	2.5	Wheeling - On Carpet
Transportation	90605	4.0	Wheeling - on Grass
Transportation	90610	2.6	Wheeling - Outside
Transportation	90615	1.5	Wheeling - w/ service dog assistance
Transportation	90620	3.5	Wheeling outdoor, 8% cross slope
Transportation	90625	4.0	Wheeling outdoor, 12% cross slope
Transportation	90630	3.2	Wheeling - on Sidewalk
Transportation	90635	2.9	Wheeling - self-selected speed
Transportation	90640	1.8	Driving an automobile
Transportation	90645	2.2	Wheeling - On Tile
Transportation	90650	4.0	Wheeling - up Incline
Transportation	90655	1.8	Wheeling - Downhill