

2024 Adult Wheelchair Compendium of Physical Activities

2011			2024		
Code	MET _{wc}	Activity Description	Code	MET _{wc}	Activity Description
Exercise					
90101	1.6	Aerobics	90101	1.7	Aerobics
90102	2.2	Arm ergometer (16W)	90102	2.2	Arm Ergometry 16W
90103	2.4	Arm ergometer (20W @ 60 RPM)	90103	2.3	Arm Ergometry 20W
90104	2.7	Arm ergometer (32W)	90104	2.7	Arm Ergometry 30-32W
90105	3.2	Arm ergometer (40W @ 60 RPM)	90105	3.5	Arm Ergometry 40-48W
90106	3.3	Arm ergometer (48W)			
90107	4.0	Arm ergometer (40W @ 100 RPM)			
90108	4.0	Arm ergometer (64W)	90106	4.6	Arm Ergometry 60-64W
90110	5.1	Arm ergometer (60W @ 60 RPM)			
90109	4.5	Arm ergometer (80W)	90107	4.4	Arm Ergometry 80W
90111	5.4	Arm ergometer (96W)	90108	5.4	Arm Ergometry 96W
			90109	2.3	Arm Ergometry (self-selected intensity, moderate)
			90110	4.3	Arm Ergometry exercise (self-selected intensity, vigorous)
			90111	2.2	Eccentric Arm Ergometry
90113	2.8	Handcycle (4.9 mph on oval track)	90120	3.0	Handcycle - 8 km/h
90114	4.4	Handcycle (5 mph)			
90115	7.5	Handcycle (10 mph)			
			90121	7.5	Handcycle - 16 km/h
			90122	3.6	Handcycle ergometer (general)
90507	4.5	Handcycle racing	90123	4.5	Handcycle racing
90117	2.2	Weight training	90125	2.1	Resistance (weight) Training
90112	2.3	Circuit Training	90126	2.3	Circuit Training
			90127	1.5	Resistance band
			90128	2.0	Wheelchair pushups
			90132	3.4	Skill Parcour
			90133	4.4	Heavy-bag boxing

2011

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90118	2.3	Wheelchair dynamometer (10W)	90136	2.7	Wheeling 10-18W
90119	2.5	Wheelchair dynamometer (12W)			
90120	3.1	Wheelchair dynamometer (14W)			
			90137	3.3	Wheeling 20-26W
			90138	4.1	Wheeling - 30-35W
			90139	3.9	Wheeling - 50W
90121	3.3	Wheelchair dynamometer (2 mph)	90145	2.8	Wheelchair dynamometer - 3.2 km/h
90122	4.3	Wheelchair dynamometer (3 mph)	90146	3.6	Wheelchair dynamometer - 4.8 km/h
90608	3.0	On slalom course (0° of wheel camber)	90147	3.1	Wheelchair - slalom course
90609	3.2	On slalom course (3° of wheel camber)			
90610	3.1	On slalom course			
			90148	1.8	Wheeling indoor course 2.57 km/h
			90149	2.3	Wheeling indoor course 3.4-3.9 km/h
			90150	2.2	Wheeling indoor course 4.5-4.8 km/h
			90151	2.9	Wheeling indoor course 5.0-5.5 km/h
			90152	4.8	Wheeling indoor course 6.5 km/h
90604	2.7	On an oval track (0.9 mph)	90153	2.7	Wheeling outdoor track 1.5 km/h
			90154	1.9	Wheeling outdoor track 2.0 km/h
90605	4.0	On an oval track (2.1 mph)	90155	4.0	Wheeling outdoor track 3.4 km/h
90606	4.7	On an oval track (2.7 mph)	90156	3.8	Wheeling outdoor track 4.0-4.3 km/h
			90157	4.3	Wheeling outdoor track 5.5 km/h
			90158	4.0	Wheeling outdoor track 6.0 km/h
			90159	5.9	Wheeling outdoor track 8.0 km/h
90512	7.9	Wheelchair racing	90160	7.9	Wheeling - racing
			90161	3.2	Wheeling - Ergometer
			90165	2.4	Treadmill Wheeling - 2.2-2.9 km/h
			90166	2.8	Treadmill Wheeling - 3.0-3.9 km/h
			90167	3.4	Treadmill Wheeling - 4.0-4.9 km/h

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			90168	3.4	Treadmill Wheeling - 5.8 km/h
			90169	3.5	Treadmill Wheeling - 6.0 km/h
			90170	4.2	Treadmill Wheeling - 7.0-7.9 km/h
			90171	3.8	Treadmill Wheeling - 2.2-2.9 km/h , 4.7% grade
			90172	4.4	Treadmill Wheeling - 3.6 km/h , 4.7% grade
			90173	4.2	Treadmill Wheeling - 2.2-2.9 km/h , 6.3% grade
			90174	5.2	Treadmill Wheeling - 3.6 km/h , 6.3% grade
			90175	4.8	Treadmill Wheeling - 2.2-2.9 km/h , 8.4% grade
			90176	5.2	Treadmill Wheeling - 3.6 km/h , 8.4% grade
			90177	2.1	Treadmill Wheeling - 4.0 km/h w/ extra weight
			90178	2.7	Treadmill Wheeling - 4.0 km/h, 2% grade
			90179	3.4	Treadmill Wheeling - 4.0 km/h, 3% grade
			90185	2.6	Wheeling using Handle-based Propulsion - 15W
			90186	3.6	Wheeling using Handle-based Propulsion - 20W
			90187	4.4	Wheeling using Handle-based Propulsion - 25W
			90188	5.0	Wheeling using Handle-based Propulsion - 30W
			90189	5.3	Wheeling using Handle-based Propulsion - 35W
			90190	1.8	Wheeling using Handle-based Propulsion - 2.5 to 2.9 km/h
			90195	2.3	Wheeling dynamometer w/ PAPAW - 15W
			90196	3.5	Wheeling dynamometer w/ PAPAW - 30W
			90197	3.4	Wheeling on outdoor course w/PAPAW - 5.4 km/h

Household Activities

90201	2.3	Bed making	90201	2.2	Making Bed
90202	3.1	Dressing/undressing	90205	3.1	Dressing/undressing
90203	1.8	Dusting	90210	1.8	Dusting
90204	1.9	Laundry	90215	1.8	Laundry
90205	3.5	Mopping	90220	3.0	Mopping

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Code	MET _{wc}	Activity Description	Code	MET _{wc}	Activity Description
90206	3.7	Moving furniture or boxes	90225	3.7	Moving furniture, household items, or boxes
90207	2.2	Moving items	90230	2.5	Moving items
90208	1.9	Showering	90235	1.9	Showering
90209	2.7	Vacuuming	90240	2.7	Vacuuming
90210	1.6	Washing Dishes	90245	1.9	Washing Dishes
			90250	1.5	Eating
			90255	1.8	Preparing food
90403	1.9	Grocery shopping	90260	1.9	Grocery shopping
			90265	2.3	Sweeping floor
			90270	1.8	Cleaning Room
			90275	1.8	Checking Mail
			90280	2.1	Cleaning Car
			90285	3.1	Transfer to/from wheelchair

Inactivity

90301	1.1	Deskwork	90301	1.1	Deskwork, light effort
90302	1.1	Reading	90305	1.2	Reading
90304	1.1	Sitting/watching TV	90310	1.2	Watching TV
			90315	1.1	Passive Wheeling (pushed by another person)
			90320	1.3	Writing/crossword puzzles
			90325	1.5	riding an elevator
			90330	1.4	playing with iPad
			90335	0.8	Filing papers, light effort
			90340	1.2	Computer work (word processing, internet use)

Sport/Recreation

90501	6.1	Basketball (game play)	90501	5.1	Basketball
90502	3.2	Basketball (shooting baskets)	90505	3.2	Basketball - casual

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Code	MET _{wc}	Activity Description	Code	MET _{wc}	Activity Description
90503	1.8	Billiards	90510	1.8	Billiards
90504	1.8	Bowling	90515	1.8	Bowling
90505	1.6	Darts	90520	2.0	Darts
90506	7.1	Fencing	90525	7.1	Fencing
90402	1.2	Fishing/casting	90530	1.1	Fishing/casting
90508	11.8	Nordic sit skiing	90535	11.8	Nordic sit skiing
90509	2.7	Rugby	90540	2.7	Rugby
90510	2.2	Table tennis	90545	2.7	Table tennis
90511	4.1	Tennis	90550	4.1	Tennis
			90555	1.8	Power Wheelchair Soccer - competitive
			90560	1.5	Video gaming
			90565	1.5	Playing cards
			90570	2.0	Dance - Modern, torso-controlled wheelchair
			90575	2.0	Dance - slow paced
			90580	3.1	Dance - fast paced
			90585	1.7	Dance - Electric power chair
			90590	2.6	Exergaming

Transportation

90601	2.4	On carpet	90601	2.5	Wheeling - On Carpet
90602	4.0	On grass	90605	4.0	Wheeling - on Grass
90603	2.6	Outside	90610	2.6	Wheeling - Outside
			90615	1.5	Wheeling - w/ service dog assistance
			90620	3.5	Wheeling outdoor, 8% cross slope
			90625	4.0	Wheeling outdoor, 12% cross slope
90607	3.8	On sidewalk	90630	3.2	Wheeling - on Sidewalk
			90635	2.9	Wheeling - self-selected speed
90401	1.8	Driving	90640	1.8	Driving an automobile

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90611	2.2	On tile floor	90645	2.2	Wheeling - On Tile
90612	3.9	Up a ramp	90650	4.0	Wheeling - up Incline
			90655	1.8	Wheeling - Downhill