

amplified

edition 2 | 2026

Back on board!
Meet Hilton Jackson

Nella
- resilience
is key

Amputee golf
- get involved!



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Making a real
difference together

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Amplify workshops – don't miss out!

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We're more than halfway through 2026, how did that happen? We've been incredibly busy rolling out Amplify workshops around Australia. It's been an absolute pleasure to meet those of you who have attended and we've loved your positivity and enthusiasm. We have Adelaide, Darwin, Sydney, Canberra and Hobart still to go. Hurry, places are limited!

Don't miss our very own Nella's story in this edition. Nella's been part of the Limbs 4 Life team for over a year now and we're very fortunate to have her incredible work ethic, expertise, compassion and spirit in the office every day. You'll enjoy reading a little about her amazing journey.

Amputees and golf have history. If you've thought about trying the sport or are already part of the culture, you'll love Kath's article about the New South Wales and Australian Amputee Opens earlier this year.

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Hilton Jackson - And just like that!

I played indoor and outdoor soccer regularly before my drama started in August 2023. One evening whilst playing indoors, my left calf cramped. I thought nothing of it, just, "I'm getting a bit long in the tooth to keep up with the youngsters." When I got home that evening, I realised my left calf was ice cold compared to my right calf, despite the 2 hours of soccer I'd just played.

I managed to get an appointment with my podiatrist who performed a doppler test on my left foot, which confirmed that I had no pulse coding. He was very concerned and managed somehow to arrange an immediate appointment with a vascular surgeon, which would usually require a 6 month wait. The

surgeon confirmed that neuropathy had caused blood circulation to block just above my knee, explaining the severe cramping. He took immediate action and booked me in to harvest veins from my other limb, in an attempt to replace the veins in my left calf. They attempted this vein transplant 4 times, but each time the vein would block again after a matter of days, rendering the whole process utterly pointless. I had the surgeon standing next to my bed in the hospital, saying that he had to take immediate action because gangrene was setting in rapidly and he wanted to give me better quality of life and mobility by saving my knee. This all transpired within the space of 1 month.

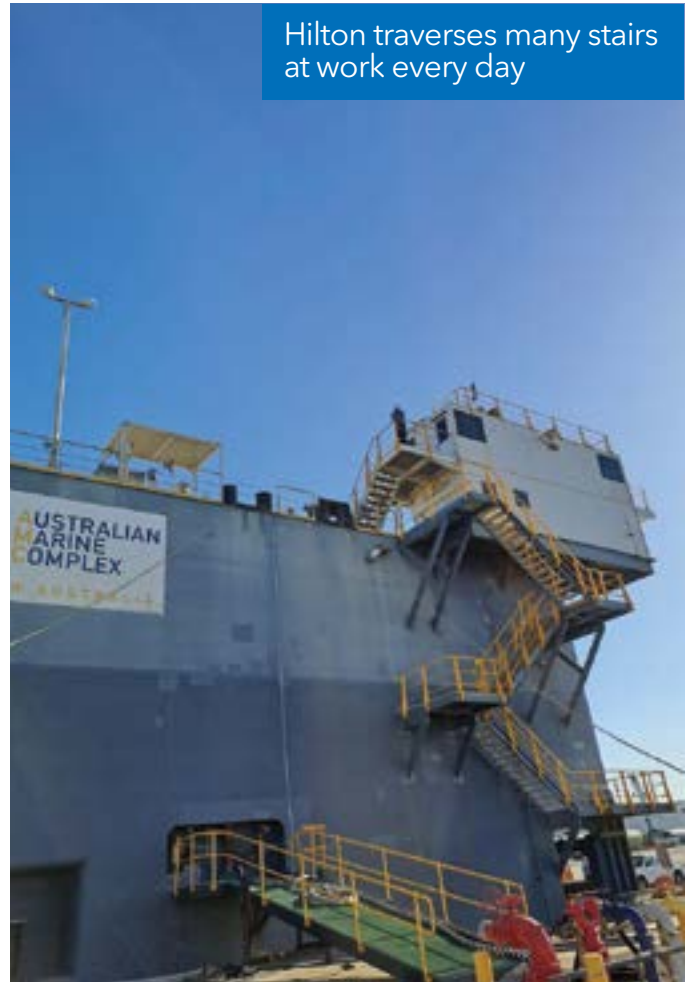
Ultra-shocked and after a very emotional cry, I agreed and asked when he would like to do the amputation, thinking, maybe in a week. Not to be...he said that he would do the amputation the very next day. Nothing prepares you for this!

My life has certainly come a long way since my amputation. Emotionally, psychologically and physically. It didn't come easily and required a deliberate, positive mindset to ensure that I gathered crucial, forward momentum, to get my life to resemble some pre-amputation normality.

My career is very stressful and challenging, but I genuinely enjoy the rewards. I'm Dockmaster of the floating dock at AMCCUF Henderson. It's a very niche operation and I enjoy the interactions with both commercial clients and the Royal Australian Navy. It gives me an immense sense of worth and also contributes to our country's defence. My son is a Submariner, so it's also personal.

My family is without doubt the most important thing to me. It's not always smooth sailing as

Hilton traverses many stairs at work every day

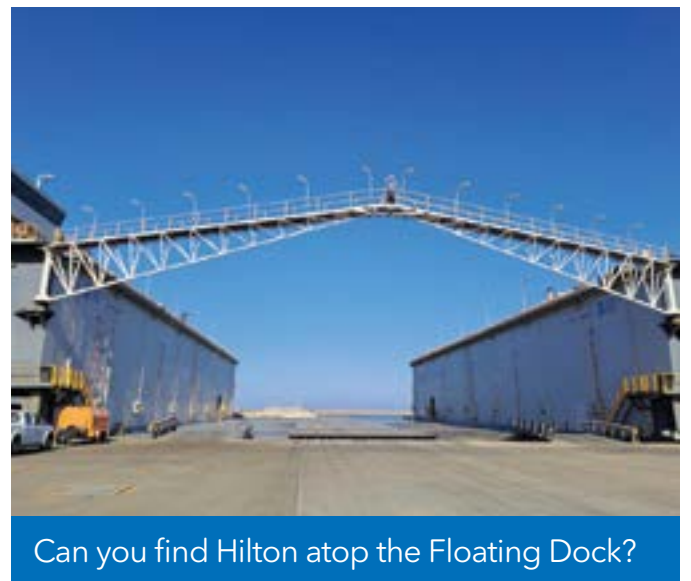




family dynamics go but they're what keeps me grounded, focussed and purposeful in my life. I want to dedicate a special "thank you" to my wife, Tracey, who has always been there for me. I cannot imagine what I would've done without her support. Her genuine love and concern for me have been my saving grace. I thank God for her and her strength through some very challenging times.

These days we go camping frequently, I play golf, indoor soccer and swim to keep fit. I do a lot of maintenance work around the house and have made sure that I get the right equipment to enable me to do tasks safely. This feeds my masculinity and shows my family that I can still take care of things. I know they appreciate that. Minimising risks is vital, as I want to avoid any further unnecessary injury that might compromise or jeopardise my current lifestyle. I have worked really hard to get to this point and enjoy a balanced and fulfilling lifestyle.

Don't get me wrong, not every day is a good day with phantom pain, or just feeling emotionally and physically drained, but those instances are becoming fewer and farther between as I continue to be grateful and embrace the challenges each new day presents.



Can you find Hilton atop the Floating Dock?



You can watch Hilton's floating dock in action on YouTube

Why your voice is important.

Research, surveys and consultations

Research with amputee community members is incredibly important if we want better health outcomes and changes to state and federal policies. Too often, policy decisions are made without actually listening to the people who matter the most. You! When a person-centred approach is used and amputees are included in planning, carrying out, and reviewing research, the information reflects real-life challenges and practical solutions. That's why we always want to hear from you!

Feedback from the community helps us to identify gaps in both care, information and funding. This includes problems accessing complex prosthetic devices, lack of mental health support, and limited services in rural and remote areas. When you share your experiences about walking, working, travelling, functioning and daily life, researchers can measure what truly matters—like quality-of-life outcomes, independence, and long-term health—instead of focusing only on budgets and costs!

Many people over 65 are not eligible for support from the National Disability Insurance Scheme (NDIS). As a result, access to advanced prosthetics such as microprocessor knees or multi-articulating arms is limited because of state/territory funding restrictions. These devices can greatly benefit older amputees and even help to prevent falls, but funding limits often stop people from getting what they need. Strong evidence leads to stronger advocacy. Decision-makers rely on clear facts when considering policy changes or increasing budgets. Research can show that better funding can save money in the long term, by reducing hospital admissions and stays, supporting rehabilitation outcomes, and improving mental health by

reducing social isolation. Your voice helps shape our advocacy and creates positive change.

Many people with disabilities feel unheard by the healthcare system. When amputees are treated as partners in research, not just subjects, it builds respect and leads to better results.

Recently, we asked you to take part in a national survey about your prosthetic satisfaction. Whether you use a prosthesis or not, your experience matters. Thank you to everyone who took the time to respond to the questions and for sharing your experiences. We're overwhelmed by how many of you participated in the survey. Across Australia more than 948 people completed the survey, the highest response rate that Monash University has ever received for a single study!

Your feedback will help Limbs 4 Life work to try to create positive change for our community. Together we can fight for positive change!





#FightPLP: Tackling Phantom Limb Pain through accessible education worldwide

After years of developing sophisticated prosthetic technology to help people regain function after amputation, the most important lesson came not from the laboratory, but from a person with limb loss. TJ volunteered to help test algorithms for the control of an advanced bionic arm. Well into retirement, a more sophisticated prosthesis was not what TJ was after. What he kept coming back to, almost in passing, was pain.

For nearly five decades, TJ had lived with phantom limb pain (PLP), a persistent and debilitating pain in his hand that was no longer there. He had tried what he could find: mirror therapy, medications, acupuncture, hypnosis. None had offered lasting relief. Without bitterness, he had quietly stopped expecting it to be solved. The pain had simply become part of his life.

TJ's experience opened a new branch in my research, because for me the problems worth working on are the ones people are actually living with. That work has since taken me across multiple countries and led me to found **#FightPLP**.

A common condition, uncommonly treated

TJ's story is far from exceptional. PLP affects a number of people with amputations, yet it remains one of the most undertreated conditions. PLP is a genuine neurological condition that, in some cases, can be more disabling than the limb loss itself.

Research is beginning to explain why it happens. When the nerves that used to control

the missing limb are no longer engaged, they become unstable and can develop problematic connections with pain circuits, generating pain without any cause. This is the basis of a hypothesis I have proposed for the cause of PLP, known as the Stochastic Entanglement hypothesis, which points to something important: PLP is not an inevitable consequence of amputation. It can be prevented and treated.

Effective treatments exist. The problem is not that science has failed to make progress, rather that this progress has not reached the people who need it. Awareness is low, clinical training is often outdated, and access to appropriate care remains inconsistent. For too many people, the experience is the same as TJ's: years of poor treatment followed by quiet acceptance.

The same story, everywhere

Over the past decade, working with patients and clinicians across multiple countries, the same pattern has emerged repeatedly: high numbers, low awareness, and poor treatment. PLP is not a problem confined to any particular healthcare system or region. It is a global failure to address a condition that affects people with amputations.

Even the most effective treatment cannot grow fast enough to reach everyone who needs it. What can increase is education. Reaching people who do not know their pain is treatable, clinicians who have not been trained in current best practice, and families who do not know how to respond, does not require expensive costs. It requires knowledge, and the will to share it.

Why education may matter more than any single treatment

After a decade of research and clinical work, one lesson has become increasingly clear to me: education may reduce the global burden of PLP more than any new treatment or technology alone.

Stigma is the first barrier. Pain in a limb that no longer exists can appear unreal, even to those experiencing it. This leads many patients to underreport or hide their symptoms, and it can lead clinicians to dismiss the condition entirely. The result is that people who could be helped are not even entering the conversation. Education changes this by establishing what the science already confirms: PLP is real, it is common, and it is treatable.

The second barrier is clinical training. Most medical programmes teach outdated or insufficient content on PLP, if they address it at all. This is a failure of timing: progress in understanding and treating PLP has only been made recently, and it has not yet reached most clinical practices. Physicians who are unaware of current best practice cannot offer it.

The third barrier is empathy. When people cannot understand a condition, their capacity to support those living with it fades. For PLP sufferers, this can mean feeling unheard by clinicians, dismissed by employers, and misunderstood by family. Education changes this as well, by giving those around the individual the understanding they need to respond.



Taken together, these three barriers explain why so many people share TJ's experience. And unlike a new surgical technique or a specialist technology, education can reach across languages, healthcare systems, and borders.



#FightPLP: Turning a mission into action

The existence of effective treatments carries an important implication: getting rid of PLP is not an idealistic goal, but a realistic one. I have made this my personal life's mission, and #FightPLP is one of the real vehicles to pursue it.

What you can do

PLP is real and effective treatments exist. If you are living with it, do not stop asking for help. Visit www.fightplp.info/socials for information on the condition and its treatment.

If you are a clinician, updated resources and training opportunities are available through #FightPLP. You can also get directly involved in delivering evidence-based treatments and organising events in your region.

For families and carers, understanding what PLP is and why it happens is itself a meaningful form of support. A person who feels heard and believed is already in a better position than one who does not.

TJ eventually found relief. Not because his pain was exceptional, but because someone took it seriously and knew what to do. He should not have had to wait nearly five decades for that moment. Neither should anyone else.

Article provided by Prof. Max Ortiz Catalan, Ph.D., Founding Editor of #FightPLP.

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Act Fast, Recover Strong, Live Well

Helpful information and resources created by mob, for mob, to support patients and their families to navigate the amputation journey.

Support After Amputation:

A Guide for Families

What to Expect After Amputation

The recovery process after an amputation involves physical and emotional challenges.

After surgery, your loved one may experience pain, swelling, and limited mobility. They may require help with basic tasks such as dressing, bathing, and moving around.

Over time, they may begin physical therapy to help regain strength and mobility, and it's important to support them through this process.

Nursing and Care Requirements

Depending on the type of amputation and their health condition, short or long term nursing care may be needed. Hospital staff will help arrange this before your family member comes home.

This could include:

- Wound care
- Medication management

A home health nurse or other professional services may be available to assist with ongoing care. Speak with healthcare providers to get the support your family needs.

SAHMRI
Support After Amputation: A Guide for Families

Live Well:

Returning Home After Amputation

Getting your home ready

Your home should be a place where you feel safe, comfortable, and able to move around with ease. Making changes before you return can help you manage your recovery and prevent falls or injuries.

Depending on your needs, you and your healthcare team might consider:

- Checking your moveability around your home. Is it wheelchair friendly?
- Installing handrails and grab bars in the bathroom and stairways
- Moving furniture to create clear and wide pathways
- Changing the height of your bed and seating areas. For example, adjustable beds
- Using non-slip mats
- Removing trip hazards such as rugs, cords, or clutter
- Installing ramps
- Adaptive kitchen tools, reachers and grabbers
- Car modifications so you can resume using your vehicle

Planning ahead of time with your healthcare team will make your return home smoother, save unnecessary expensive changes, and allow you to focus on healing and regaining your independence.

Recovering Well

Recovery continues once you return home, and looking after your health becomes an ongoing priority. Setting up the right support will help you manage your recovery, stay comfortable, and be independent as you continue to heal.

Medical Check-Ups and Rehabilitation

It's important to schedule follow-up appointments with your local doctor, rehabilitation team, amputation nurse, and prosthetics specialists and any other involved in your care to help track your healing progress, manage any pain or discomfort, and address any concerns that arise to ensure that your recovery stays on track.

Physiotherapy and occupational therapy is important to help you to regain strength, balance, and mobility. These therapies can help you learn new ways to move, improve your independence in daily activities.

It is important to keep looking after your other foot. Keeping in regular contact with your podiatrist will help keep an eye on things as going.

Work closely with your healthcare team to identify the best supports within your community, an at-home program and/or telehealth support.

SAHMRI
Live Well: Returning Home After Amputation

Act Fast:

Making Empowered Decisions

Considering Amputation - What You Need To Know

Hearing that you need an amputation can be overwhelming, and it is normal to have lots of questions and worries. But being prepared can help you take control of your journey and may even lead to better outcomes.

By understanding your options, asking the right questions, and seeking support, you can make informed decisions and feel more confident about what lies ahead.

Making an Informed Decision

When considering amputation options, it's important to evaluate all the potential impacts to make a well-informed choice.

Social Your recovery as you adjust to life after an amputation can challenge your relationships and connections with your community. There are many programs available that support social reintegration and help create new social connections, opening doors for fresh friendships and opportunities.	Emotional The emotional journey of amputation may bring challenges such as grief, loss, and shifts in your sense of identity. Understanding these emotional impacts and how to cope with them is crucial. Support is available through counselling services and peer support groups, including those specifically designed for amputees, as well as your family and healthcare staff.
Physical Impacts Adjusting to the physical aspects of amputation may involve challenges such as pain management, physical limitations, and the need for rehabilitation. Access to services can help you manage these limitations, improve mobility, and increase independence. With the right support, many people find that they can regain significant function and lead an active life.	Legal Impacts Legal protections are in place to ensure you receive the necessary healthcare and support, as well as to safeguard against unfair treatment in the workplace and other areas of life. Familiarising yourself with these rights and available services can help you make informed decisions and ensure you receive the support you're entitled to.

Seeking support from healthcare professionals, community organisations, and local Indigenous health services can help guide you through the process. Talking with community leaders can also help make sure your cultural needs and personal preferences are taken into account along the way, including advice on returning your limb to be buried on Country.

SAHMRI
Act Fast: Making Empowered Decisions
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Act Fast:

Planning for Amputation

Planning for Amputation

Losing a limb is a significant change, and it's natural to feel uncertain about what's ahead. Careful planning can help make the process smoother and ensure you have the right support in place. This guide provides key considerations before your hospital stay, during your time in the city, and when planning your return home.

Planning Your Hospital Stay

Preparing ahead of time can help reduce stress and ensure that everything is in place for your surgery and recovery.

Understanding Your Procedure

It's important to understand your surgery so you can feel more prepared and confident. Every amputation is different, depending on the reason for it, where the limb is removed, and your overall health. Talking to your doctor and amputee nurse about your surgery will help you know what to expect and how to plan for your recovery, so you feel ready for the next steps.

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Recover Strong:

Your Amputation Journey

Your Amputation Journey - What to Expect?

Undergoing an amputation is a major life event that requires understanding and support. It is important to know what to expect during your recovery, the roles of your medical team, the importance of self-advocacy, the rehabilitation process, and the Aboriginal support services available to you and your family.

While the amputation journey can be challenging, with the right support and resources, you can lead a fulfilling and independent life.

SAHMRI
Recover Strong: Your Amputation Journey
Page 1



Co-created by South Australian Aboriginal community members with lived experience of amputation, in partnership with the Wardliparingga Aboriginal Health Equity Unit at SAHMRI.

Nella - Finding strength in every chapter



At the age of 10, my life changed forever when I was diagnosed with osteosarcoma, a form of bone cancer.

After the amputation of my leg, above the knee, I quickly learned that resilience is not something you are born with, it is something you build through every challenge life places in front of you. Losing a limb, in many ways, marked the beginning of discovering who I truly was.

Fifteen years later, cancer entered my life again when I was diagnosed with lymphoma. Then, eight years after that, breast cancer resulted in a double mastectomy. Cancer has shaped many parts of my story, but it has never defined who I am. Instead, it has strengthened my determination to keep moving forward, to continue finding purpose, and to live life fully.

I have had some unique and rewarding work experiences. One of the most memorable was working alongside archaeologists in Melbourne CBD on a heritage site, overseeing labour hire opportunities for people facing barriers to employment. Being part of uncovering history while helping others find meaningful work was incredibly fulfilling.



Some of the items recovered from the Melbourne CBD dig site



Another role that brought me unexpected joy was working at a recycling plant, dismantling electronics. There was something incredibly satisfying about taking apart electronics with hammers and power tools. Breaking things down, discovering how they worked, and contributing to sustainability at the same time, is something worth remembering. It remains one of the most enjoyable jobs I have ever had, even though it was short-lived, as it was during this period that I was diagnosed with breast cancer.

My career journey has also included working at the NDIS call centre, supporting people navigating the disability sector, and later working for a company providing services to people living with disability and aged care.

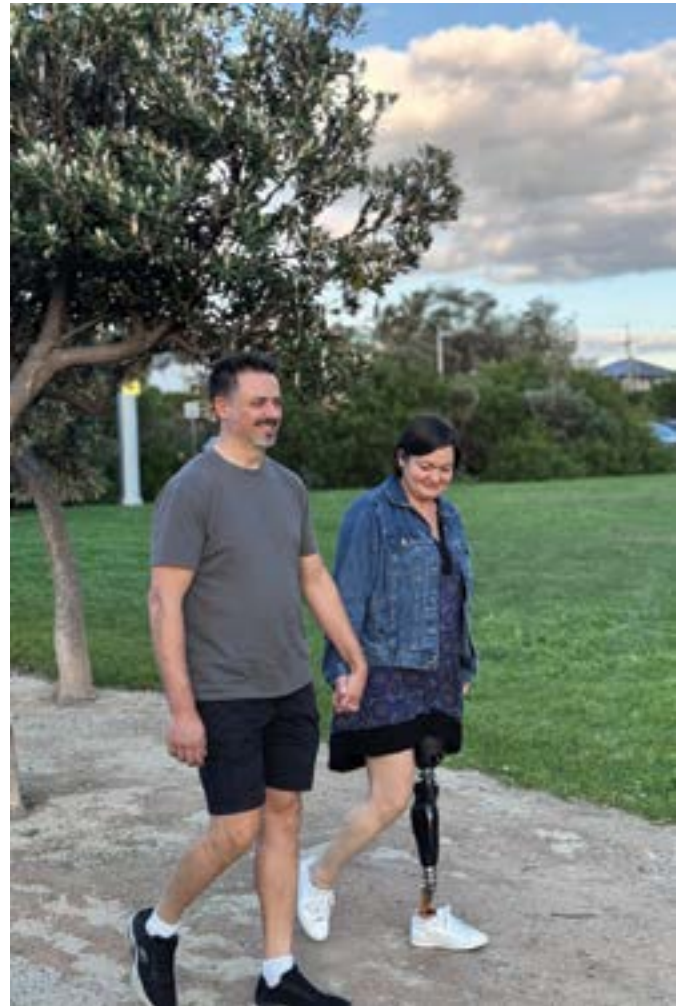
Today, I am proud to work at Limbs 4 Life, an organisation that understands the realities of amputation and the importance of peer support, advocacy, and community. Working with an organisation that aligns so closely with my lived experience allows me to give back, support others, and help create connections for people with disability.

I have been blessed with a loving and supportive husband who has stood beside me through most of this journey. We have been happily married for 23 years, and he truly is my soulmate. He has always encouraged me, supported every crazy idea or challenge I wanted to tackle, and cheered me on every step of the way. Having someone believe in you so completely makes even the hardest days feel possible. Together, we have raised two almost-adult children, and I hope that they understand that adversity does not define you, your response to adversity does. Watching them grow into capable, independent people has been one of the greatest joys of my life.

Motherhood is something I never truly believed would be possible for me. After my cancer diagnosis combined with the realities and logistics of being an above-knee amputee, I carried many fears and uncertainties about what the future might hold. Pregnancy brought with it countless questions. Would I be able to carry a baby to full term? How would I manage putting on my prosthetic leg when heavily pregnant? What would I do when my baby woke crying in the middle of the night and I wasn't wearing my leg?

The unknown often felt overwhelming. Yet, somehow, you find a way. Like so many parents, you adapt, learn, and discover strengths you never knew you had. My husband was my constant source of support, standing beside me and helping me navigate even the most difficult days. Becoming a mother has been one of the greatest blessings of my life and one of the most rewarding experiences I have ever had. My children have brought me immeasurable joy, purpose, and love, and they continue to inspire me every day.

One thing I have become incredibly passionate about over the last couple of years is the importance of socket fit. Amputees face many ongoing challenges, and socket fit is one of THE most important aspects of maintaining independence and quality of life. A well-fitting socket is arguably the most critical component of a prosthesis. You can have the best Assistive Technology components but if your socket does not fit well the componentry is almost useless.



Over the last few years, I faced ongoing challenges with my socket, where I only had it on for a few hours before needing to take it off because of pain and discomfort. I put my trust into clinicians, only to feel unheard and dismissed when I tried to explain what was and was not working for me. Being told that “they have done all they can do and that the next best option for me was to consider surgery,” was incredibly disheartening and left me feeling frustrated, defeated, and uncertain about where to turn next. I could feel my independence slipping away, and I worried that I was becoming a burden on my husband.

I wanted to continue doing the things I had always enjoyed and valued, but my socket simply would not allow me to. At one point, a doctor even suggested that if the pain was that severe, the best option would be to just stay off my prosthetic leg altogether. For me, however, that was never an option. I have always been fiercely independent, and I was determined not to lose that part of who I am.

After working with several different clinicians, I began to wonder if perhaps I was the problem, but with the encouragement and recommendation from a peer, I finally found a clinician who genuinely listened, collaborated with me, and invested the time and effort needed to achieve the best possible outcome. The difference was life changing. My quality of life improved dramatically, and I walked without pain for the first time.

I also had to recover funding from previous providers who had been paid upfront for services but were unable to deliver a socket that was 'fit for purpose'. It was frustrating at times, but the experience reinforced just how important it is to advocate for yourself and never compromise when it comes to your mobility, comfort, and independence.

I now wear my prosthesis for 16+ hours a day without issue and live life to the fullest. I work

full time, and on weekends I love heading off on small adventures with my husband, whether that means staying in a tiny home in a remote area, soaking in a wood-fired tub under the stars, exploring Melbourne's laneways on a mystery picnic, or simply going on a long drive along the coast. These may sound like ordinary things to some people, but when you have fought so hard to regain them, they mean absolutely everything.

If there is just one thing I hope people take away from my story, it is to never give up. Take life one day at a time. Learn to adapt. Keep advocating for yourself. Keep searching for solutions. There will be hard days, really hard days, but there is also hope, strength, and joy beyond the struggles. Sometimes the most powerful thing we can do is simply keep going.

Resilience is not built in comfort. It is built in those moments when life tests you and you decide to continue anyway.



Would you like to see your story
in Amplified magazine?



Contact the friendly Limbs 4 Life team.
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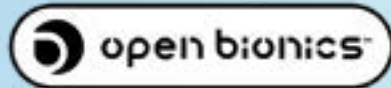


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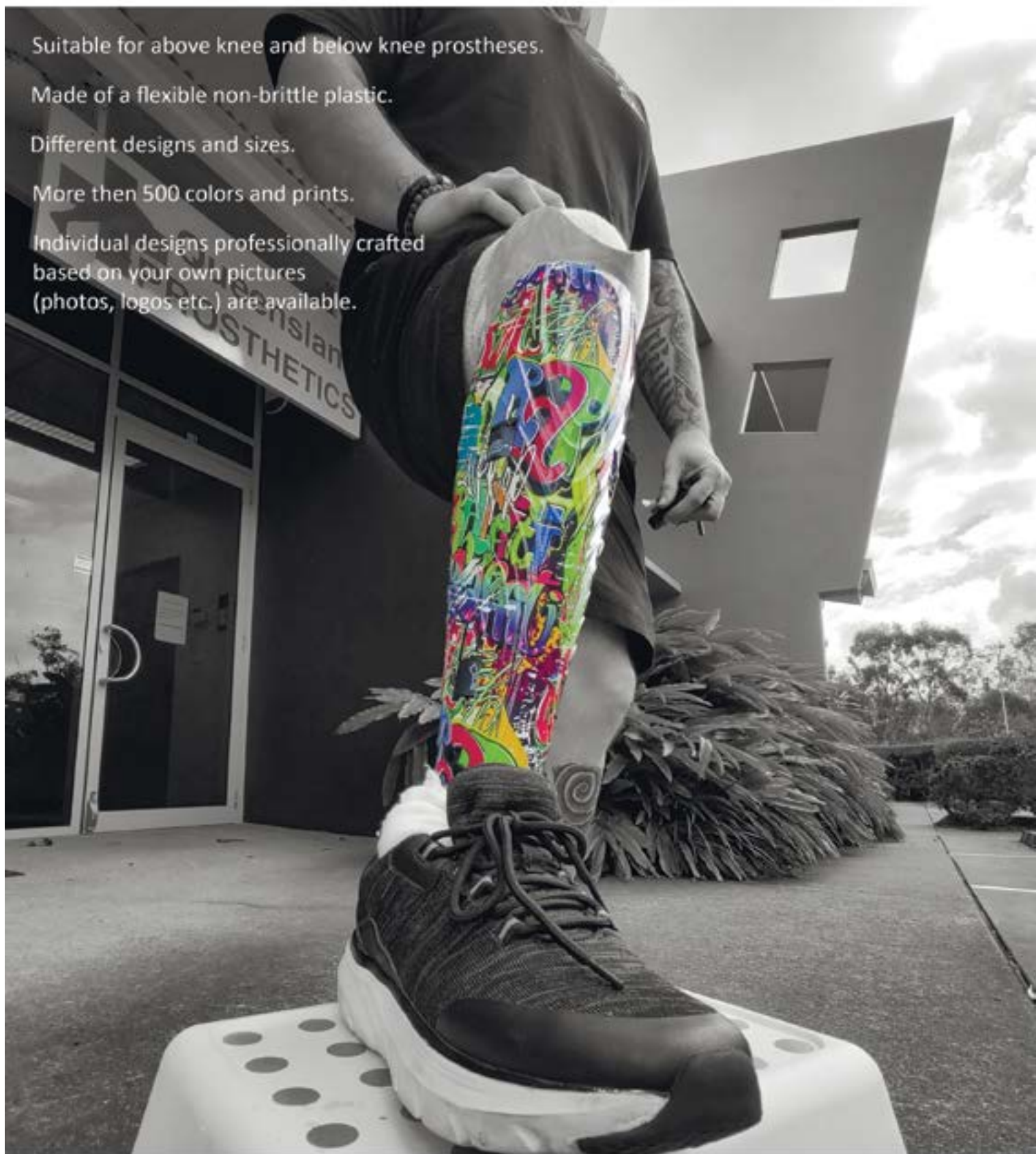
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More than golf!

Dr Kath Tanner, Limbs 4 Life's Tasmanian Peer Support Coordinator, competed in the NSW and Australian Amputee Golf Opens earlier this year.

Can you imagine spending a week with over 40 amputees, their friends, partners and support people? Whilst a lot of socialising was done, the reason for us getting together was to play golf, first a 2-day event at Cobram/Barooga for the 2026 NSW Amputee Open, and then a 3-day event at Yarrowonga/Mulwala for the 2026 Australian Amputee Open. Lots of laughter, fun and great conversations occurred, on and off the course. Occasional sledging/comic relief was heard, when those putts just rolled by, or the ball found the trees...again!

These annual events attract amputees and people with limb difference, from all over Australia and overseas. This year player ages ranged from 12 to 80+ with golf handicaps

ranging from single figures to 48. Whilst many of the 'regulars' were there, it was fabulous to see new faces, who have now joined our amputee golf family. A non-amputee event is also held, where friends, partners and family members are encouraged to play golf and fight out for the prestigious 'Normie Cup.'

The Gross champion is highly contested every event. It gives our elite players the opportunity to pit their skills against each other to determine who is the best amputee golfer in Australia. The Nett champion, on the other hand, is contested by all golfers in the field and this is where your handicap can be really advantageous as it is taken off your overall score. It creates a level playing field among everyone. In addition, there is a State of Origin competition where teams of four are secretly chosen from each of the states - Victoria, NSW, QLD and Odd Balls (the others), and their scores added together. This year history was made when the Odd Balls won!



Amputee State of Origin Victors: Kath (Tas), Gary (WA), Andreas (Hong Kong), Chris (Namibia)

Partners, friends and family

Whilst golf is the focus, there are always amazing partners and friends who are integral to many of our players' participation. Colleen and David attended their first event 4 years ago in Ballina. David had played golf prior to his leg

being amputated but didn't think it was an option until his rehab team at Ballina told him about Amputee golf. This inspired him to work even harder in rehab with the goal of getting back on the golf course and playing in an amputee tournament, which he did 8 months later. Currently on a handicap of ... he tries to play 3 times a week - 2 nine holes and 1 eighteen holes. He found this week tough on his body but with the wonderful support of his wife, Colleen, and the fun and smiles around him he managed to play all games.

"I've met some great people in this golf community- it's good for my mental health - there are people that are worse off than me, I get to see how courageous they are, I get to see how determined they are, and how much bloody fun they can have."

Colleen isn't interested in playing golf but thoroughly enjoys being on the course and supporting David and seeing the positive impact on his wellbeing and how golf acts as a distraction to the 'black dog'.



Join us!

Whether you're seeking support, advice, or a friendly face, our community is here. We regularly meet for social events, casual rounds of golf, and workshops. Your friends and family are always welcome to join, and together, we can explore how golf can fit into your rehabilitation journey

If you're interested in learning more or attending an event, get in touch today.

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David teeing off

Linda and her husband Mark, an above knee amputee are integral to the running of NSW and Australian events. She loves going out on the course raking bunkers, holding flags, laughing with players and providing much needed sustenance to everyone, such as red lolly snakes. James won the inaugural Normie trophy this year in the Aus Open. His friendship with Steve Prior has had him involved with amputee golf for many years including being on the board for AGNSW and being responsible for their social media. Merrilee caddies for her husband Chris, who is one of our one-armed golfers - she has been invaluable in helping Colleen understand the finer art of caddying.

Making connections - Sharing knowledge and experience about prosthetics

Jason started playing golf because he saw Mike Rolls (double amputee) on Facebook. He had never played a round of golf before but wanted to give it a go. As a person with limb difference, he started playing one handed until Mike put him in contact with Steve Prior, one of our elite 'armies' who currently plays off a handicap of 2.9. Steve sent him photos of his prosthetic arm and how it enabled him to grip a club. Jason took these photos to his prosthetist who created his first golf-specific arm so he

could grip the club with both hands. Now he is a regular at all these events where discussions and comparisons are front and centre when the armies get together.

For Jason, the best thing about Amputee golf is the camaraderie. "There's a lot of joking, fun, and everyone is so at ease. When I first started there were 3 arm amputees - now there are a cast of thousand armies - everyone is so different, but everyone has something important to share."



A family affair

As Chris Young recently posted on Facebook "I never fail to be inspired by my fellow amputees, many of whom have been through the most horrific traumas and yet have managed to come out the other side with a sense of humour and the will to conquer their setbacks and play some pretty good golf." For Chris, the golf was made even more special having both his brothers attend. Tim has just got back into golf and played admirably in the Normies division whilst Jon is chief photographer and captured fabulous images of players that are used to promote Amputee Golf both in Australia and worldwide.



Jon, Tim and Chris

Meet one of our newest competitors

Joey is one of our newest competitors and currently plays without a prosthetic. After a range of surgeries, he is waiting for his stump to be ready for a prosthesis. But like many amputees, he has found his own unique way to participate. Not only does he have youth on his side, but he has the most incredible balance and strength to be able to stabilise and hit an almighty good ball. The NSW Open was his first event. Whilst he also played the first day of the Australian Open, he found the pressure on his good leg problematic when getting in and



out of bunkers and playing in the sand. This is a lesson many of us have learned the hard way – our good limbs need to be taken care of and it's okay to play only as much as you can, where you can, without injury, and choose to take an unplayable ball if you feel your ball has landed in an uncomfortable or unsafe position.

Our youngest competitors



Our 2 youngest competitors have been warmly embraced by our amputee community. Andreas (12) has limb difference and hits the ball with one arm. He travelled from Hong Kong with his parents who have established the Para Golf Association of Hong Kong. His mum, Edwina played in the NSW Amputee Open in the Normie division.

Archer (18) is a below knee amputee from Queensland, who was born with limb difference and had his leg amputated at an early age. His first competition was 3 years ago at an Australian Amputee Open in Tweed Heads, when he had a handicap over 30. Now, he plays off single figures. We're looking forward to following his golfing journey and seeing him compete in the Paralympics, when golf is included.

I'm Kath, currently the only female amputee playing in our events. People might think it gets lonely out on the course as the only woman, that is far from the truth. I'm surrounded by lovely, genuine people who share my love of golf and engagement with each other. Sometimes the muscles that hurt the most at the end of a game are my face muscles from so much laughing and smiling! Involvement in this community has encouraged me to stay fit and active, fuel my competitive juices, keep my headspace buoyant, and also enabled me to have the confidence to travel independently again - something I never thought I'd do after my accident.

The great thing about golf is it's inherently inclusive given that you have a golf handicap that enables you to play with anyone and be competitive. You can also use motorised transport to access the course as well as modified prosthetics to grip clubs. No matter what your age, ability or mobility level is all amputees can participate. If you are interested in joining us, contact Amputee Golf Australia amputeegolfaustralia@gmail.com and they will put you in contact with your state association.

Just remember our motto is, "More than Golf!"










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Amplify workshops continue to empower the amputee community

The response to the Amplify | Your Voice, Your Choice workshops has been overwhelmingly positive, with strong attendance, robust discussion and enthusiastic feedback from participants across the country.

Developed in response to identified gaps in information, support and practical strategies, the workshops are designed to help people living with limb loss get the most out of life following amputation.

So far, Amplify Workshops have been successfully delivered in Melbourne, Perth, Gold Coast and Brisbane – with more locations still to come in 2026:

- Adelaide – 25 July
- Darwin – 8 August
- Sydney – 29 August
- Canberra – 12 September
- Hobart – 24 October



Participants are encouraged to come along, connect with others in the amputee community, make new friendships, and gain valuable knowledge and practical tools to support their journey. The workshops also provide a welcoming and enjoyable social experience, with morning tea, lunch and parking included. Partners and carers are warmly welcome to attend.

Join us and discover how Amplify can help you strengthen your voice, understand your choices, and live life to the fullest. It's not too late, register today!

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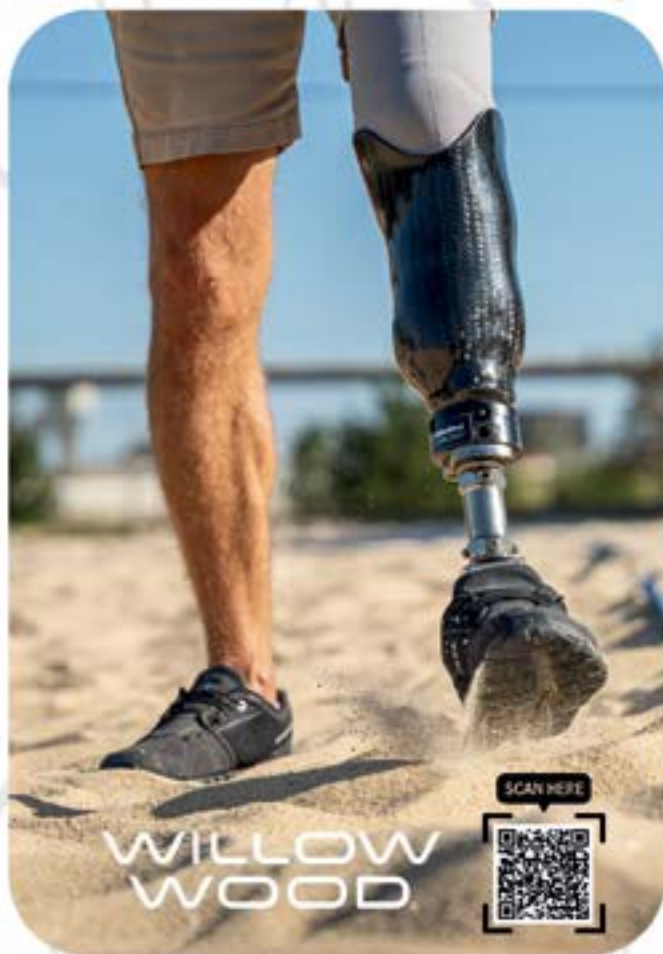
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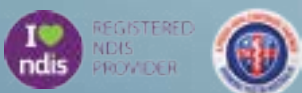
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Sue's staying true to herself

I was 32, fit and healthy when I was hit by a car on my 20 kilometre bike ride to work. I was in reflective gear, in a well-marked cycle lane and completely unaware of the driver coming through the stop sign, on my left - to beat the traffic.

After time in ICU and then a further three months in the general ward, I experienced a further 365 days of intense out-patient physio and was told I would never walk unaided again. My shin had been reinforced with 17 titanium screws and a rod.

Fast forward to my 67th year and whilst I was still healthy and fit, I'd had multiple leg surgeries,

limited activity and complications from type 2 diabetes. I was never overweight or a smoker, only drank alcohol occasionally, was conscious of eating healthily and staying in control of my diabetes which I inherited. I was in constant pain and limped severely. My left leg was 2 inches shorter, withered and very unsightly. Yet throughout, I managed to keep working, raise two young men and just get on with life.

My first amputation was my left third toe in 2017. It had become infected. Then in January 2024 I for what I thought was a routine check, but the podiatrist penetrated to the bone with their instrument. I had such bad nerve damage from the original accident, plus type



2 diabetes, so I had no real sensation at all in the underside of my foot. Surgical staff were consulted and I was told they could take that part of my foot. Distraught, I discussed the situation with medical staff and my family. I decided that I'd be better off with a below knee amputation.

I had three weeks in Osborne Park Hospital. During that time I felt cared for, respected and was encouraged to get moving. The first time I stood upright inside the bars was liberating. I know this may seem odd, but I was no longer burdened with a dead, withered leg. I was looking forward to the healing, and 'new normal.'

I returned home and had outpatient physio twice a week, which was gruelling but necessary. Some days I thought, "I just can't do this," and other days, "too easy!" Remember, apart from the healing process, I was now pain free, and anyone who has experienced this relief, will understand the exhilaration it brings.

I began slowly with the fitting of my initial prosthesis. I had to learn to trust that it could take my weight. I was confident that I could get around sufficiently to be my old, independent self. I took advantage of all of the government-funded physio and a free, once-a-week walking group which made my weeks of rehab fly by. I was fitted for my new prosthesis which gave me another 'level up' experience of confidence, and I began working really hard

on my gait, endurance, and eventually put my walking stick away for good.

Nowadays, I'm back at archery after a 20-year hiatus. I'm walking three to five kilometres, UNAIDED, every second or third day. I'm enrolled with the wonderful people at The Vines, 'Golfing for All Abilities' where I have absolutely loved being part of the group.

I am looking forward to my future, even at 69 there is so much more to explore. I invite anyone who has had, or is going to have an amputation, to stay true to who you are. You're not defined by your amputation; you are defined by your reaction to your new circumstance. This attitude led me to Limbs 4 Life, and I encourage everyone to keep reaching out for guidance and support. It hasn't been easy for this determined and very independent old chook, but I have learned that asking for assistance and seeking respect is a truly enriching experience.

Thank you to every single one of those who have been with me on my amputee journey.





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