

amplified

edition 1 | 2021

Young, bright star Arav
shines through

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should be asking you

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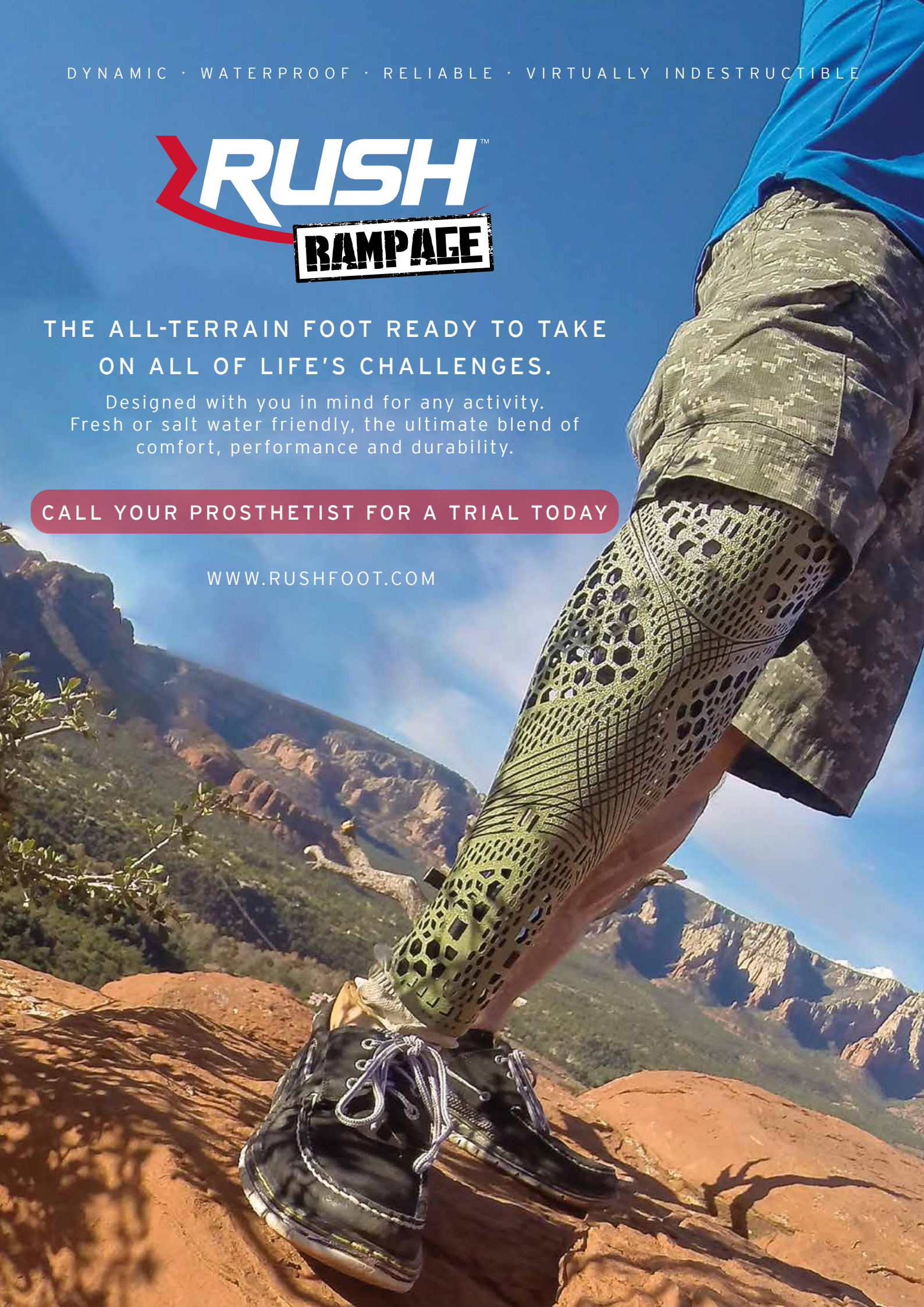


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or too bad to grab?



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In this bumper edition of Amplified you'll meet Arav, a very special boy with a genuine warmth and consideration for members of his community and others. Limbs 4 Life first met Sujana, Arav's mum when Arav was two years of age. Sujana has been a valuable contributor to the Limbs 4 Kids community and has supported other families who were impacted by limb difference. We have been honoured to be a part of Arav's journey, watching him grow into a caring young man.

We also feature an article about Yoga for amputees and share how you can participate in this gentle form of exercise which aims to build strength and stamina while promoting flexibility and positive physical and mental health outcomes.

Finally, don't miss out on our free online event for amputees. We have a fabulous line up of speakers for our 'AMPs Online' event and everyone who registers will receive a giftpack full of useful information and giveaways. Book your place today!

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Arav, the considerate and kind boy

Sujana and Ashish's beautiful son entered the world in 2014. For the first two days their baby boy didn't cry and was so quiet that they wanted to choose a name suited his nature. Drawing upon their Nepalese heritage, Sujana and Ashish felt that Arav, which means "calm and peaceful", was the perfect name. And while now seven years old, and certainly more active and less quiet, Arav continues to demonstrate a calm personality as well as a considerate one.

Arav was born with limb differences affecting all four of his limbs, something that wasn't discovered until after his birth. "It was a complete shock to us both when we saw Arav's

limb differences and really scared to hear he would need amputation and other surgeries so he could be an active little boy," Sujana shared.

Arav was born with a congenital limb deficiency of his right foot which would prevent walking, webbed fingers (syndactyly) in both his right and left hands, and one missing toe on his left foot. In 2015, before turning two, Arav had three surgeries so that he could walk and gain more function in his hands. The first two involved procedures to release fused fingers. The second was a Symes amputation of his right foot that would allow him to wear a prosthesis. "We were scared before each surgery, but we knew



these would give him the best start in life. The doctors are now proposing another surgery to create a thumb and more ability to grip. But we've decided to wait until Arav is a little older so that he can be part of this decision," Sujana explained.

Sujana and Ashish moved to Australia from the beautiful country of Nepal, home to Mount Everest and a rich cultural history. "We came here in 2009 so I could attend University and complete a Bachelor of Commerce. After finishing my University studies we were thrilled to discover I was pregnant in 2013, and it was such an honour to give birth to our Australian son," Sujana recalled. Over the last 11 years, the family has been welcomed into the Australian way of life and is why they wanted to stay here and continue to be part of our society. Their contribution to our community is evident in both their professional and volunteer activity. "After completing my degree I started as an aged care assistant, an industry I've continued to work in as I love being able to learn from and meet the needs of our elders," Sujana shared.

Sujana also voluntarily offers peer support to other families just starting on the limb difference journey, after having received peer support

herself when Arav was young. "I was so lucky to have Limbs 4 Life connect us to Patricia, the Mum of Paralympian Sarah Walsh, when Arav was a baby. Through Patricia I learned that Arav's disability wouldn't define him, but with the right supports and a positive attitude he could achieve any goals he set. I can't thank Patricia and Sarah enough for all of their guidance, and at a time when we needed it the most," Sujana shared.

Now in Grade 2, Arav is attending a school that has always shown understanding and kindness. "Initially the teachers were nervous as they hadn't taught a child with limb differences and wanted to do everything possible to ensure he wouldn't fall behind socially or academically," Sujana recalled. The educators have always involved Arav and his parents in any decisions about supports or ways of talking about limb difference with other students.

In Prep the school floated the idea of Arav speaking to all classes about his prosthesis and why he wears one. "We all thought it would help the students to understand, reduce any fears and allow Arav to speak about it, in his own way," Sujana explained. Arav thought this was a good





idea and he confidently responded to students' questions when he visited each class. "Arav became a very well-known student around the school, and each time he gets a new prosthesis everyone is fascinated by the design he has selected," Sujana remarked.

Arav's caring nature, and the school's inclusivity, is something Sujana feels has helped him develop self-confidence and willingness to support other students.

Last year Arav learned that another student, who is quite shy, was not being accepted by some other students. So, Arav took it upon himself to speak to these students about why it's important to be kind and support to others. Pleasingly, it helped this student to feel more supported and less nervous in the playground. "I was so impressed to learn that Arav had done this, and the little boy's parents were so grateful to Arav for what he did and to us for raising a confident and accepting son," Sujana shared.

Living with limb differences has not held Arav back from exploring activities that interest him, all of which help him build strength in his legs and fine motor skills in his hand. Outside of school, Arav actively participates in little

athletics, swimming and an arts program. "At the moment Arav competes against all children of the same age, but when he turns eight he'll move into a disability sports category so he can race against others with a physical disability," Sujana explained.

A common question that parents ask Limbs 4 Life after learning their child will have a limb difference is "will my child be able to do all the things that other children do?". And while we can say that with the right supports this is certainly possible, nothing speaks more volume than advice offered by parents with lived experience. Sujana feels that several approaches can help. "I think if you are confident your children learn from that, become resilient and feel proud themselves. And it's important to realise your child can try everything they're interested in but may use unique techniques to achieve their goals. And I also think if you don't over-emphasise limb difference, then it normalises it for your child and creates acceptance among others too," Sujana noted.

Sujana is proud to be part of a community where "we openly talk about disabilities but it's upon us all to make sure everyone understands it's OK to be different".

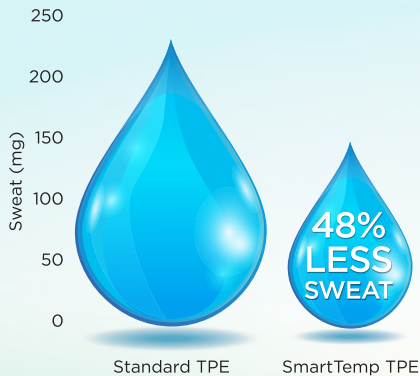


Limbs 4 Life thanks Sujana, Ashish and Arav for sharing their story. We wish Arav all the best with his sporting pursuits and look forward to being part of this kind and generous family's life for many years to come.

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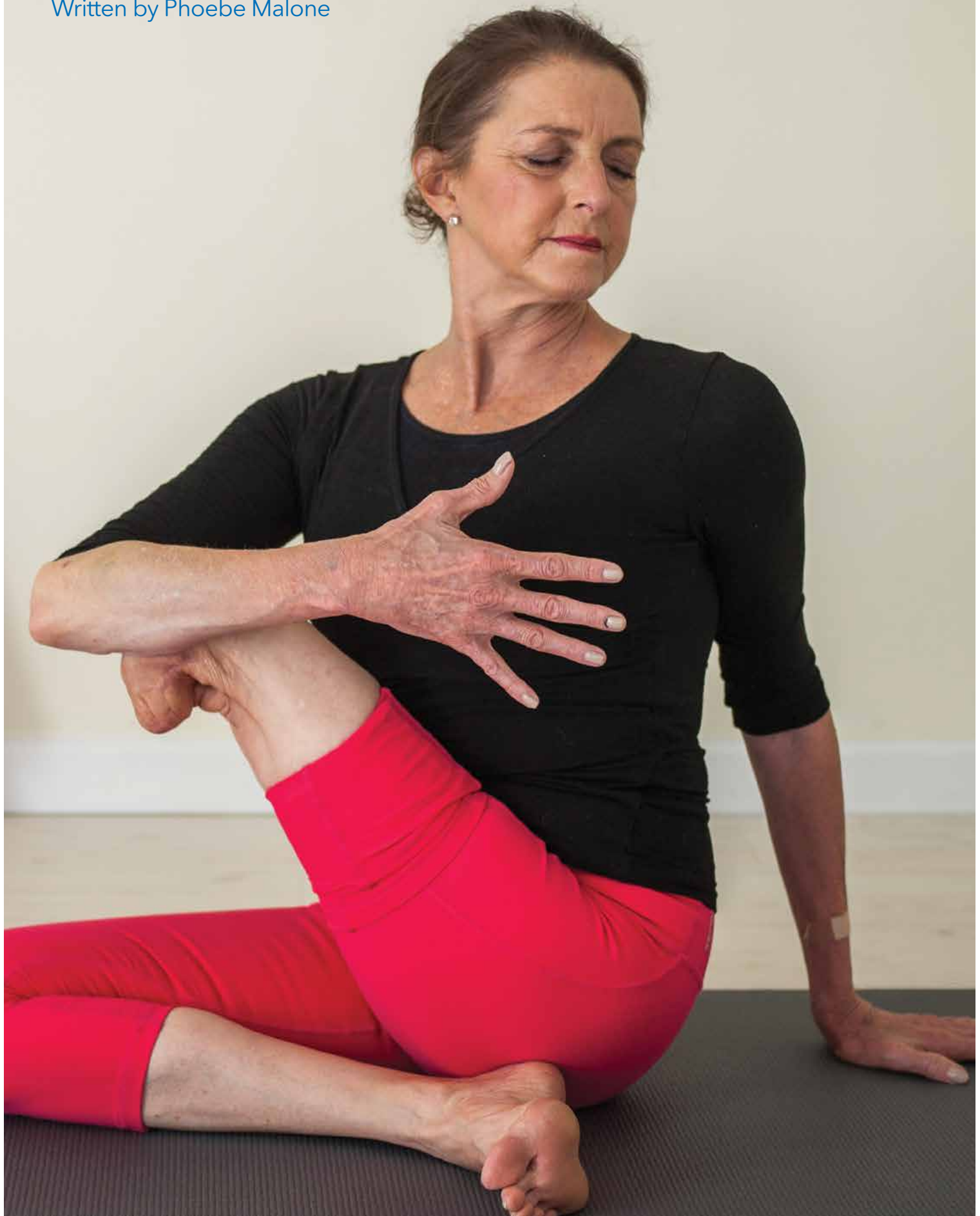
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Yoga for amputees

Written by Phoebe Malone



Yoga is a must for amputees wanting to reclaim their health and wellness after limb loss!

I have been a prosthetist and orthotist for 14 years working with a wide range of amputees in both the public and private sector, nationally and internationally. I believe most facilities provide patients with fabulous care to assist with their mobility (physical rehabilitation) following an amputation, however there isn't enough focus on their emotional and mental wellbeing (mental rehabilitation).

It is because of this that in 2018 I completed studies in "Amputee Yoga", in addition to my regular yoga teaching qualifications. My amputee yoga trainer was Marsha Therese Danzig, a below knee amputee. Marsha is my inspiration to share this practice with all amputees and to assist you in finding wholeness after limb loss.

Marsha taught me that "Wholeness is not simply having four limbs. Wholeness is knowing you are complete within yourself just as you are".

What is yoga?

- Yoga is composed of movements which build strength, stamina and flexibility (these are called asanas)
- And periods of rest, meditation and mindfulness (this is called pranayama).

There are many definitions of "yoga", the word itself however means "union" or "connection". Yoga is a way of connecting the body, mind and the breath. It provides us with the skills and space to build on our connection to life, to grow our awareness and acceptance of who we are, what we are and what ties us all together! In essence yoga is about making us feel whole and for amputees who have dealt with limb loss I believe this is crucial.

"The success of yoga does not lie in the ability to perform postures, but in how it positively changes the way we live our lives and our relationships". T.K.V Desikachar.

Benefits of yoga for an amputee

Yoga is a holistic medicine that works on increasing patient wellness without invasive procedures or excessive prescriptive medications. I believe it is a practice which allows the body and the mind to heal and can help make life better for amputees, especially as they grapple with prosthetics, body image, pain, freedom of movement and other residual effects of limb loss.

Physical Benefits

- Improves flexibility + joint mobility
- Improves strength + gait
- Improves coordination + balance
- Aids to prevent injury
- Recharges the immune system
- Supports the respiratory + circulatory systems
- Develops good posture
- Tones the body + muscles
- Reduces phantom pain

Emotional Benefits

- Assists with coping with limb loss, grief and PTSD
- Improves concentration and energy levels
- Reduces stress and anxiety
- Encourages a positive relationship with the body
- Releases anxiety and feelings of negativity

Mental Benefits

- Brings clarity and calm through relaxation and meditation techniques
- Enhances stillness of mind
- Creates a deeper sense of self awareness
- Encourages creativity, self expression and self confidence
- Encourages healthy sleep patterns.



Pain management: For an amputee, having mechanisms to overcome pain is essential. Research is showing that yoga has increasingly positive outcomes to assist patients dealing with pain. Many amputees experience pain related not only to the residual limb, but referred pain due to uncomfortable prosthetic fit, phantom pain, or pain in an overused part of the body. Yoga has shown that with the right exercises, breath work and movements, pain can be reduced.

How to practice yoga as an amputee

The most important thing for an amputee when practicing yoga is that they are safe and feel secure.

- Ensure you are receiving guidance from a qualified professional (a yoga teacher and ideally a teacher who has undertaken Amputee Yoga Training)
- Ensure you have discussed this with your physical therapist, prosthetist and/or doctor prior to practicing
- Ensure you listen to your body throughout the class and are honest with yourself about your capabilities





- Ensure you let your yoga teacher know if you have any injuries or areas of concern and your yoga teacher offers adaptive options for you throughout the class.
- To practice safely, props are one of your best friends. Set yourself up with props such as a chair, yoga block (or books), bolsters (or pillows), blankets and yoga straps (or belt/ribbon) and have a wall nearby to assist you with balances and for additional stability in certain poses.

Where can I practise?

- At your local yoga studio. Call the studio or pop in and discuss the option of you joining a class. They will help you work out which class/teacher will be most suitable for you/assist you in finding another studio which can accommodate you if they are unable
- At home. You can set up your own home studio and there are some fabulous online Yoga for Amputees programs you can join. Visit www.yogaforamputees.com for more information

- Join me at www.phoebemalone.yoga where I provide assessment-based programs that are clinically focussed to meet your needs. These programs utilise my 14 years of clinical prosthetic experience to build holistic, full-body, goal-based programs. These can be delivered face to face or online and can be one on one or in small groups. There may also be an option for these programs to be included in your NDIS package.

Whether you have zero, one, two, three or four limbs, whether you are flexible or stiff, young or not so young, I believe yoga is for you!

If you are an amputee or a clinician and would like to chat with me about anything in this article please contact me through my website www.phoebemalone.yoga or call 0408026183.

All amputee photos have been taken by Augusta Rose Photography.

These photos can be found in the book - Yoga for Amputees: The Essential Guide to Finding Wholeness After Limb Loss.

Ramping up 4work | Webinar Series



Limbs 4 Life is thrilled to present a series of ten webinars focussing on key aspects of the employment journey. The webinars will be delivered by

Dr Wilma Gallet who has over 30 years experience in employment services, the public and non-profit sector. Wilma was the founding CEO of The Salvation Employment Plus which, at the time, was the largest provider of employment services in Australia.

Wilma wants to share her knowledge and experience to help Limbs 4 Life job seekers to navigate some of the complexities of the labour market and to increase their understanding of some of the issues that they will encounter during their journey to satisfying and meaningful employment.

If you are an amputee seeking employment, returning to work or wanting to change jobs, then these webinars are for you.

For more information or to register your interest please email info@limbs4life.org.au

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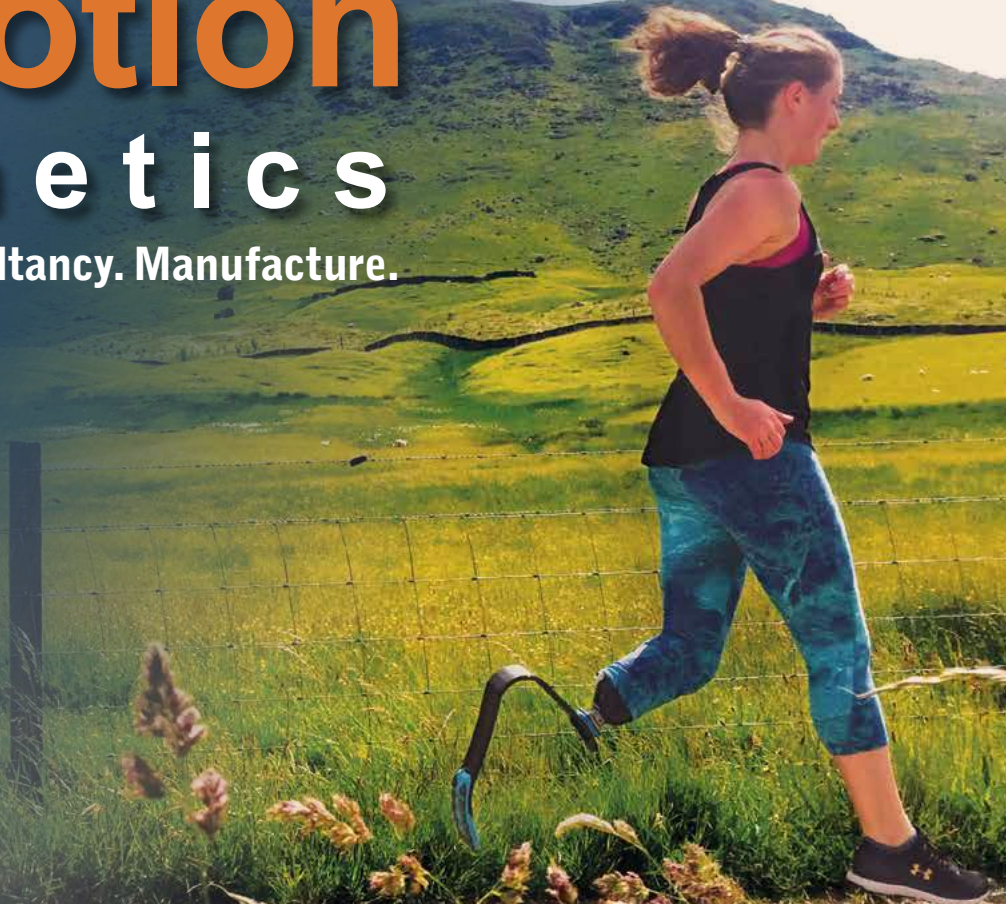
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Nothing spooks Peter!

South Australian, Peter Stringer, first became an amputee in 2016 after losing his right leg due to Type 2 Diabetes. Being undiagnosed and drinking six litres of Coca-Cola a day, Peter started to feel sick and lost all feeling in his feet but didn't think much of it. Thinking that a visit to the doctor was unnecessary, Peter's body started rejecting all food and forms of nourishment. But a serious problem was soon realised when Peter's toes started to turn black!

Peter was rushed to hospital where he went into surgery immediately and woke up to three missing toes on his right foot. Although the whole experience was a shock, the relief Peter felt was enormous when doctors informed him just how seriously ill he was.

"In fact, it turned out I was septic, so I would've been dead in three days if I didn't go to hospital when I did." shared Peter.

Remaining in hospital for two weeks to recover from the surgery and then learning he had Type 2 diabetes; Peter gave up soft drink for good. Unfortunately, he felt unwell soon after which led to another amputation but this time below the knee. This was when Peter was introduced to Limbs 4 Life's resources. He gained a sense of relief that becoming an amputee did not mean it was the end. "I thought I would never be able to walk again, let alone work or drive but Limbs 4 Life's A Practical Guide for Amputees helped me to realise that things were possible." said Peter. As an inpatient, Peter stunned healthcare professionals in rehab by standing up and walking independently 45 minutes after receiving his first prosthesis.

Sadly, things took a turn for the worse four years later when ulcers started appearing on Peter's left foot and ultimately the amputation of his other leg. "I was advised not to go

through with amputating my left leg and to look for alternative solutions because of how life-changing an amputation is. But I felt confident after my first amputation, and thought if other bilateral amputees can do it, then why can't I?", Peter said.

After losing his original job following his first amputation, Peter was concerned about finding work as an amputee. But luckily, he quickly found an extremely supportive employer in a most unusual industry, hosting ghost tours throughout South Australia. Peter loved the mystery of ghost tours and quickly embraced the culture. "I am very lucky to have such a supportive employer who made sure I was ready to go back to work and didn't pressure or rush me at all.", Peter said.

"Working in a let's just say 'different industry' created more of a sense of interest with tour-goers with some even claiming that I'm probably the only legless tour guide in the entire world," Peter laughed.

Peter's long run with surgeries and trips to rehabilitation proved to not be finished following a bad fall in his backyard in October



2020. Peter broke his left femur (thigh bone) in several places. Peter claims it was the most challenging recovery he has experienced over the years. "The pain of getting my legs amputated was nothing compared to the pain of breaking my femur, it was excruciating," Peter stated.



Sometimes referred to as the “unluckiest person” by friends and family, Peter credits his positive attitude and resilience to his family and especially his mother who sadly passed away from breast cancer ten years ago. “Seeing how positive my mum was ‘til she passed away made me realise I have nothing to complain about,” shared Peter.

When asked about what advice he would give to other amputees, Peter speaks of how important a sense of humour and a can-do attitude is. “Try and keep a sense of humour but don’t worry if there are days you don’t feel like laughing because it’s just normal to experience down times as well,” Peter said. He also reminds other amputees that it’s normal to have bad days but it’s important to remember that your life is not over when you become an amputee.



When asked about key supports Peter drew upon during his own journey and credits peer support as a key motivator. Receiving peer support after his first amputation, Peter remembers feeling a great sense of hope when he saw another amputee walking independently. Now a peer support volunteer himself, it’s his opportunity to give back to the amputee community by providing support to local and interstate amputees. “I feel that it is now my duty and a real privilege to provide that sense of hope to new amputees,” Peter stated.

Another area of support which Peter feels strongly about is the benefit and information provided to both amputees and carers at the AMP-Ed Up! National Amputee Conference. As a member of the Limbs 4 Life National Amputee Advisory Council, Peter enjoyed sharing his ideas and experience into the previous conference held in Canberra in 2019.



Peter highly encourages everyone to attend the 2021 conference to learn about what products and services are available along with the chance to meet other amputees. “The conference made me realise how naïve I was in relation to my prosthetic options. I learnt so much and grew confident about advocating for myself,” shared Peter.

When asked for any final words, Peter reiterates how important it is for amputees to know that life is not over once you have had an amputation. “Your life is not over; you can still do what you did before and more.”



Limbs 4 Life thanks Peter for sharing his story. We wish Peter all the best with his journey, thank him for all he does in the amputee community and look forward to seeing him at the 2021 conference.

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Talking to your prosthetist



Communication is important and the time you spend with your prosthetic provider is valuable, so use the time wisely. It's important to have a good working relationship with your prosthetist. During your appointments, speak openly and honestly to ensure you get the answers you need.

A great way to make the most of this time is to write down any questions you have prior to your appointment so that you don't get distracted and forget to ask. Take the time to explain your current situation and what you need to achieve your goals.

Questions your prosthetist should be asking you.

To ensure that your prosthetic provider can best meet your needs there are a number of questions that they will ask you. These usually include:

1. What brings you here today? (what is the purpose of your visit?)
2. What are some of the things that you would like to do that you currently cannot do?
3. What does a successful prosthetic outcome look like for you and how can I help you to get that outcome?



4. What are your current interests? (what do you like to do and why? – lifestyle and goal related)
5. What (prosthetic product/s) do you current use and what prosthetic products have you used in the past? Of these products – what worked and what did not work?
6. Do you work with other therapists to ensure that you can achieve the best outcome? (For example if you are a lower limb amputee, have you worked with a physiotherapist to improve your gait? If you are an upper limb amputee have you worked with an occupational therapist to get the most out of our upper limb prosthesis?)

As a consumer of prosthetic services, it's important that you play an active role in getting the most out of your prosthesis and the time you spend with your prosthetist.

Never leave an appointment with your prosthetist without asking yourself these 3 questions!

1. Did I ask the questions that I planned to ask?
2. Did I receive all of the answers I need?
3. Do I feel comfortable and confident on my prosthesis?

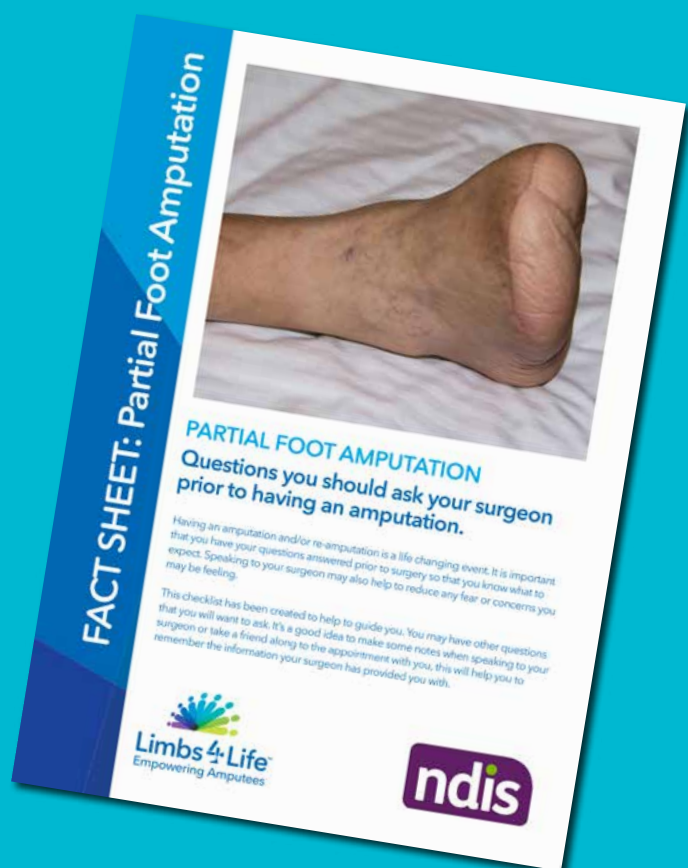
Information Sheets

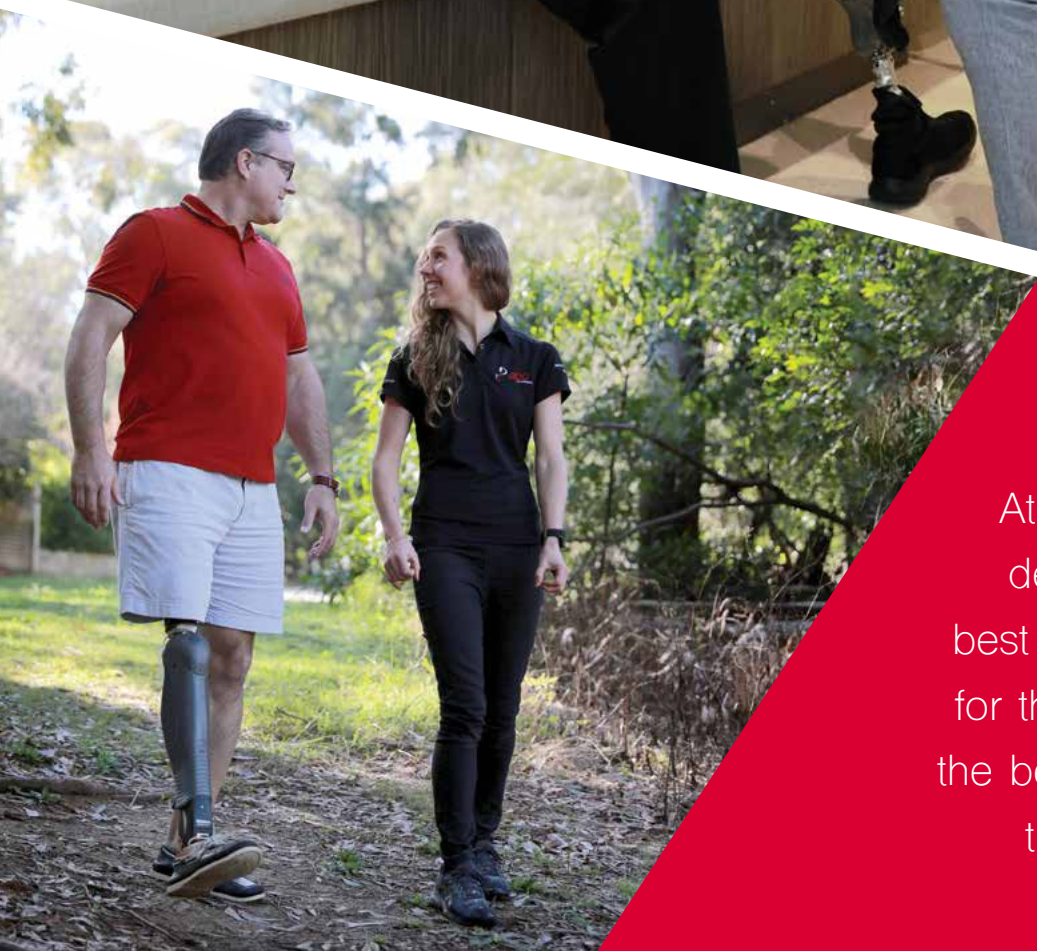
Over the next few months Limbs 4 Life will be releasing a range of new information sheets. The first sheet in this new series is information about Partial Foot Amputations. You can download a copy of this sheet under the resource section of our website or order your copy today.

In coming months we will release information for amputees about:

- Tips for manual wheelchair users
- Tips for power wheelchair users
- Choosing not to use a prosthesis
- The importance of prosthetic alignment
- Wearing the 'right' footwear

If there is information that you would like to know more about or have a suggestion for an Information Sheet, please let us know, we always welcome your feedback.





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The Victorian Amputee Empowerment Project

You may have already heard about the exciting new project that Limbs 4 Life is rolling out across Victoria! The Amputee Empowerment Project aims to bring together the amputee community to ensure that no amputee goes through their journey alone.

Recently we have been connecting with amputees in regional Victoria, and now we are excited to announce the dates and locations for the upcoming Melbourne information sessions!

“Our goal for these information sessions is to bring together members of our community along with their partners/carers and provide a platform for learning and sharing information,” Melissa Noonan, CEO of Limbs 4 Life says.

Limbs 4 Life also want to learn more about existence of gaps in information and services, and how the needs of amputees and their families can best be met. The long-term goal of these sessions is to support the development of locally based support groups/networks across Victoria where amputees can connect, support, and learn from each other and deliver leadership workshops across the state.

Melbourne information sessions:

DATE	VENUE	TIME
Tues 20 April	Cramers Hotel - Preston	7pm - 8.30pm
Thurs 22 April	Seaford Hotel - Seaford	7pm - 8.30pm
Mon 26 April	520 Hotel - Tarneit	7pm - 8.30pm
Tues 27 April	Beau Monde International - East Doncaster	7pm - 8.30pm
Thurs 29 April	Hampton Bowls Club - Hampton	7pm - 8.30pm
Thurs 6 May	Zagames Hotel - Berwick	7pm - 8.30pm

For more information or to reserve your place, contact 1300 78 2231 or email info@limbs4life.org.au.

We look forward to connecting with you.



Bionic solutions: too good to pass or too bad to grab?

Adj/Prof Laurent Frossard (PhD)

*YourResearchProject, Brisbane, QLD, Australia
Griffith University, Gold Coast, QLD, Australia
Queensland University of Technology, Brisbane, QLD, Australia
University of the Sunshine Coast, Maroochydore, QLD, Australia*

Imagine a life socket-free using bionic solutions: appealing and promising prospect, right?

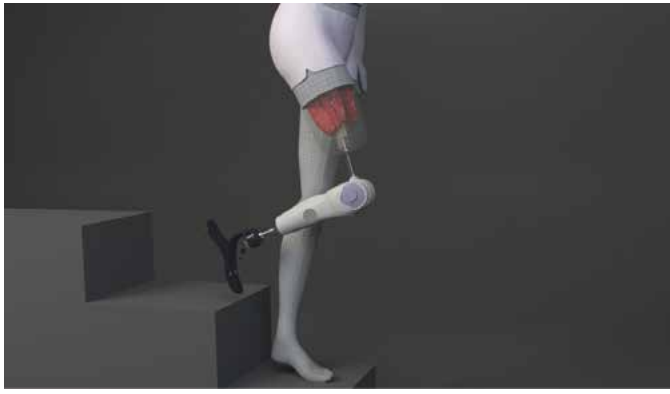
In principle, bionic prostheses should, at least mimic, and possibly amplify, the functions of a missing limb through better connections with bones, muscles, nerves and skin. Most common bionic solutions involve fitting bone-anchored prostheses with advanced prosthetic joints attached to an osseointegrated implant.

Choosing a bionic solution could profoundly change your life. However, the decision could be overwhelming because of the complexity of information to consider. You might end up stuck trying to answer this critical question: is this bionic solution too good to pass or too bad to grab?

No scientists can easily answer this question for you. However, let me try to empower you with critical considerations, so that you can make an educated decision about possible treatments with bionic solutions more aware of the benefits and risks.

Unfortunately, obesity, smoking, diabetes and other vascular issues are detrimental for direct skeletal prosthetic attachments. The strongest indication is to experience overwhelming challenges to tolerate a socket, making a prosthesis impossible to use.

As expected, osseointegrated implants eliminate common issues encountered with a socket, like skin problems due to friction and sweat. Bone-anchored prostheses immediate benefits are improvements in prosthetic use, embodiment, hip range of motion, sitting comfort, donning and doffing, osseoperception and walking ability. Studies demonstrated that these improvements increase quality of life by 17% compared to typical socket prostheses. However, these outcomes tend to be overestimated by “three boosters”: placebo effect, predetermined favourable opinion on the treatment and fitting of high-end components (e.g., microprocessor-controlled knees, energy storing and return feet).



Direct skeletal attachments have little effect on phantom pain, but the interface between the bone and implant is prone to risks of loosening, fracture of residual bone, breakage of implant parts as well as deep and superficial infections. These adverse events could cause residual limb pain, disturb the lifestyle and cost money. A study suggested that these adverse events could lead to the removal of the implant in up to 20% of cases. We know little about the true intake of pain killers and antibiotics to fight infections.

Altogether, considering osseointegration alongside other bionics solutions comes down to resolving what I call the "20/20 dilemma".

At best, the quality of life could improve by 17% to 20%. This biggest risk of failure is about 20%.

You might approach this 20/20 dilemma differently depending on your personal willingness to take risks and life goals. Outlook might differ if you are an active father-to-be truck driver spending long hours sitting behind the wheel for work or if you are a nearly-retired lady facing high risks of osteoporosis, for example.

In all cases, keep in mind that you will literally buy into a lifelong piece of technology. Like any other devices, whatever and whenever you buy one, there will be a better one later. Prosthetic research progress slowly. However, the real key questions might be: Do I really need it? Do I need it right now?

You can obtain a PDF version this article with references at https://eprints.qut.edu.au/208904/1/Art_Amplified_Magazine_Bionic_solutions_ePrint_V01.pdf

Look out for OI user Glenn Bedwell's story in the next edition!



MOBILITY CLINIC 2021

A unique event where you can learn basic, intermediate and comprehensive prosthetic techniques to improve your mobility and help you be more active. Meet other amputees, Össur Ambassadors and learn from the experts.

"The Össur Mobility Clinic for me is an annual trip to push myself, correct bad habits, tap into expertise that you can't find all in one room, meet old friends and make new ones." - Justine Dawe

REGISTER YOUR INTEREST

bit.ly/MobilityClinicAU



Join us in Melbourne for AMP-ED Up! 2021



Limbs 4 Life is pleased to announce that Australia's National Amputee Conference will take place between 17-18 September 2021.

"We're thrilled to be able to bring this event to the Australian amputee community after what has been a difficult year for many." "This conference is a wonderful opportunity for our community to connect with each other under the one roof."

Our two-day conference will be held at the spacious The Australian Events Centre in Essendon Fields and will feature a wide range of exhibitions from prosthetic componentry manufacturers including Ossur, Ottobock, OPC Health, Oapl, Massons Healthcare along with a range of other assistive technology exhibitors. We also hope to have community organisations and service providers exhibiting at this conference event.

"Our major supporters Ossur and Ottobock are both thrilled to support this event once again."

This action-packed conference will bring together amputees and their carers/family members, prosthetic manufacturing companies and assistive technology suppliers.

Delegates will have the opportunity to see the latest in prosthetic technology and ask questions about prosthetic products, hear from a variety of presenters and keynote speakers, participant in workshops, interact face-to-face with prosthetic providers, meet other amputees, listen to disability advocates, plus much more! And remember, start planning now to Bling Your Limb! The best designs as voted by 'Spare Parts' will take away a wonderful prize. At the last conference we saw limbs with flashing lights, disco limbs, Lego limbs, pirates and parrots!

"The conference was so well organised, a credit to Limbs 4 Life as everything ran seamlessly!"

"I attended to help Limbs 4 Life make a difference to those in need of support, hear from other amputees regarding their situation and how they have dealt with becoming an amputee."

So, fire up your creativity and get those ideas happening and plan ahead.

Amp-ed Up 2019 conference proved to be a huge success and we know that Amp-ed Up 2021 will be even bigger, with more delegates and more exhibitors!

Our accommodation partner is Hyatt Place, just a 10-minute drive from Melbourne Airport. A free shuttle bus is available from the airport for everyone staying at the hotel.



If you are over 65 years and not funded by the National Disability Insurance Scheme, on a Disability or Aged Pension, Limbs 4 Life may provide funding assistance to support you to attend the event.

To purchase tickets or for more information, contact Limbs 4 Life via info@limbs4life.org.au or call us on 1300 782 231 or visit limbs4life.org.au.

**Early bird tickets close 30th June
so get in early and save!**



"I really enjoyed the guest speakers - it is great to hear and meet passionate people who have done the hard yards and are willing to share their stories."

"I couldn't fault any part of the conference or program of keynote speakers. It ticked all the boxes for me!"

"Thank you to Limbs 4 Life for all your work in putting on the event. A very professional and helpful conference!"



AMPs Online Event

We're hosting our first major online event on Saturday 5th June from 11am-2pm. Join us!

AMPs Online will feature speakers including Mike Rolls, and Jason Diederich. Speakers will be sharing their stories and insights into life as an amputee, as well as answer any questions from the audience.

Our panel session featuring amputee advocates will share valuable insights about building confidence and navigating various systems. All registered participants will receive a free giveaway pack, including copies of *Ditch the Dead Weight*, by Mike Rolls and *I'm Disabled...Not stupid!* by Jason Diederich and Lindsay Tighe, plus much more.

OUR SPEAKERS



Jason Diederich

Born without muscles below his knee in his right leg, Jason Diederich became an amputee at the age of 10 after deciding that a prosthetic leg would improve his function. Fast forward 40 years and Jason is now a Limbs 4 Life Board member and peer supporter. With qualifications in Occupational Therapy, Jason is passionate about supporting the community to drive inclusion for people with disability. A former Paralympian, Jason believes that all amputees can play a part in "normalising" disability by raising community expectations around what people with disability can achieve in all aspects of their day to day lives.



Andrew Fairbairn

Andrew has worked in the disability sector in Western Australia for the past 12 years and brings experience from Government positions to NGO/NFP roles, focusing on building the capacity of people with disabilities in his local community. He has a passion to see people with disabilities achieve their goals and dreams, however big or small, and says, "life should revolve around opportunities".



Kylie Franson

Kylie was born with a congenital upper limb difference and has a background in the not-for-profit sector. Kylie is passionate about supporting people with a limb difference to achieve positive outcomes and is looking forward to sharing her advocacy skills on the panel.



Melissa Noonan AM

Melissa is a passionate advocate for people with limb loss and works to create positive outcomes for members of the amputee community and people in the disability sector. With more than 20 years in the community and disability sector experience, Melissa is dedicated to increasing the capacity for people with limb loss and advocates for better outcomes for all.



Mike Rolls

Mike Rolls has been an amputee since the age of 18, as a result of Meningococcal Septicemia. Mike has been a part of the Limbs 4 Life Peer Support Program since 2006 and has recently joined the team as a Project Manager. Mike has a background in the health industry, he is a qualified counsellor and is a professional speaker both in corporate and education where he presents on resilience. Mike is also involved in All Abilities Golf and has a passion for helping more amputees access and enjoy the many benefits the game can provide to the amputee community.

**Don't miss out on this exciting opportunity.
Book your FREE ticket today! Places are strictly limited.**

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Ash Forest Book Giveaway

Limbs 4 Life are giving away four copies of Ash Forest (and the King's Gold), a fantasy book for 9 - 13 year olds, by Australian author Steve R. Pratt.

Featuring a high-spirited young boy who is missing his arm - as the hero of the story. Ash Forest (and the King's Gold) is a tale of bravery, devotion, and family, leading readers on a perilous quest full of adventure, epic battles, and legendary feats of heroism.

For your chance to win one of four copies, all you have to do is tell us in 250 words or less, what your tale of bravery and heroism is.

Entries are open to all amputees and children with limb differences aged 18 years or younger.

Send your entry via email to media@limbs4life.org.au before 5pm AEST Monday 3rd May.

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Limbs 4 Life founder honoured with prestigious award

"My passion, vision and goal is, and remains, to empower our community with education and information so that you too can make informed decisions; find your own voice and ensure that you achieve all of your dreams, no matter how big or small."

Limbs 4 Life is extremely proud to announce that Melissa Noonan, our founder and CEO, received her Member of The Order of Australia (AM) medal in the investiture ceremony held in February at Government House in Melbourne.

Melissa continues to dedicate her life, post a traumatic amputation, to ensure that all Australians living with limb loss have access to the support they so very much deserve. Since launching Limbs 4 Life in 2004, Melissa has supported amputees, family members, educators, health providers and community agencies to raise awareness, reduce stigma, improve care standards and advocate for systemic change.

Congratulations Melissa!

My Aged Care

Are you over 65 and not eligible for NDIS supports? If so, did you know that you may be eligible for services through My Aged Care?

My Aged Care is the Australian Government's starting point on your aged care journey. Find and access the government-funded services you need.

There are a range of services to assist you with the help you need including assistive technology, help at home, short-term care, and aged care homes.

My Aged Care provides:

- information on the different types of aged care services available
- an assessment of needs to identify eligibility and the right type of care

- referrals and support to find service providers that can meet your needs
- information on what you might need to pay towards the cost of your care.

For more information, visit myagedcare.gov.au or call the dedicated contact centre on 1800 200 422.

The phone line and website can help older Australians, their families and carers to get the help and support they need.



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