

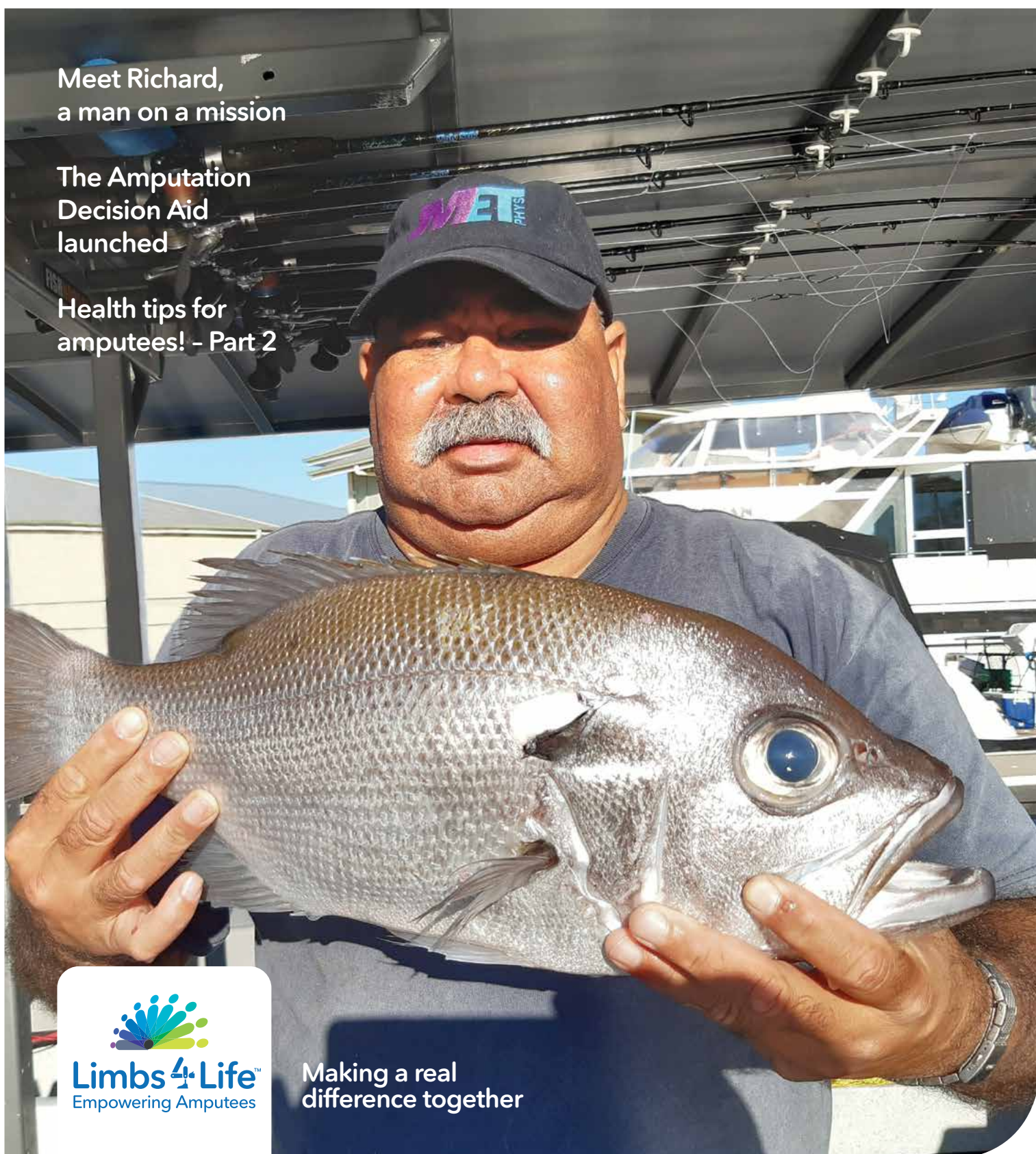
amplified

edition 3 | 2021

Meet Richard,
a man on a mission

The Amputation
Decision Aid
launched

Health tips for
amputees! - Part 2



Limbs 4 Life
Empowering Amputees

Making a real
difference together

Pro-Flex® XC Waterproof

Move naturally. The Pro-Flex XC is now rated Waterproof, which means it is fully resistant to both chlorine and saltwater submersion. Designed for active users who enjoy **hiking, jogging, and water recreation activities**, the Pro-Flex XC assists in actively pushing your body forward, evening your stride, and reducing impact to joints for increased comfort and ease. The Pro-Flex foot range features our proprietary 3-blade design with full effective toe lever and an anatomical split toe.

PRO-FLEX® FAMILY

The Pro-Flex range of solutions promote an active lifestyle by optimising ankle range of motion, increasing push-off power and reducing adverse impact to the sound limb.



Pro-Flex® LP



Pro-Flex® LP
Align



Pro-Flex® LP
Torsion



Pro-Flex®
Pivot



Pro-Flex® XC
Waterproof



Pro-Flex® XC
Torsion

FOLLOW ÖSSUR ON



WWW.OSSUR.COM.AU

Össur Australia - Prosthetics

TEL 1300 123 268

FAX +61 2 9475 1114

infosydney@ossur.com

INSIDE

05

Richard McCarthy
- amputees have
bucket lists too!

10

National Amputee
Awareness Week 2021
wrap up

16

Get ready for
Amp-ed Up 2022

19

The Amputation
Decision Aid launched

21

Meet Elly, living with
limb deficiency

30

Helping your child
adjust to amputation



amplified

edition 3 | 2021

Well, what a year 2021 has been. I know that many of us thought that 2020 was tough and that the New Year would bring some relief, however that was not to be. Some of you have lived through extended lockdowns, curfews, struggled to get healthcare appointments and a number of you even experienced an earthquake. 2021 certainly was, interesting!

Like everything in life, it's not always about what happens, it's how we deal with it and how we adapt to the challenges and changes we are faced with. Testing our human spirit and resolve can be trying, but it can also help us to build resilience and strength.

In closing, from our Limbs 4 Life family to yours, we wish you a very Merry Christmas and a safe, happy and healthy New Year. We look forward to welcoming many of you to Melbourne next year where (third time lucky) we will come together at Amp-ed Up 2022.

Limbs 4 Life Incorporated
ARBN 613 322 160 ABN 25 116 424 461

T 1300 78 2231 (toll free)
E info@limbs4life.org.au

limbs4life.org.au
limbs4kids.org.au

Disclaimer: Information and articles contained in Amplified are intended to present useful and accurate information of a general nature but it is not intended to be a substitute for legal or medical advice. Limbs 4 Life endeavours to ensure all articles contain correct content. Limbs 4 Life does not endorse any specific technology, company or device. Consumers are advised to consult with their healthcare providers before making any decision involving their care or that of a family member. Any form of reproduction of any content contained within Amplified without written permission of the publisher is strictly prohibited.

ARE YOU READY FOR SUMMER?

At oapl we can provide an extensive range of **waterproof* prostheses** for everyday life. With a range of upper and lower limb options available, ensure you're ready to enjoy summer without limitations.



**ATK HydraPro
Knee by Legworks**

A high activity, waterproof, and purely mechanical knee joint that enables you to conquer all terrains. Submersible in both fresh and salt water!



**AllPro foot &
ProCover by Fillauer**

From flat surfaces to steep hills, the AllPro delivers for amputee's multi-axial needs. The AllPro is submersible, as is the entire Fillauer range. Now available with the easy to remove ProCover foot shell.



**AMP Fin™ Aquatic
Leg Prosthesis**

AMP Fin™ swim and dive fins provide high-performance, custom-fit prosthetic fins offering freedom and mobility for above and below knee amputees.



**Echelon Hydraulic
Foot by Endolite**

The highly awarded echelon provides greater stability on all surfaces thanks to adaptive hydraulic technology. Submersible up to 1m for all your summer needs.



**Aqualog Soft Shell
Prosthesis Cover**

The durable, highly resistant Aqualog protects prostheses from tear, fire and harsh chemicals. Submersible in salt, chlorine and freshwater.

Plus much, much more!



For more information on our waterproof prosthetic range, book an appointment at your local oapl clinic!

*Level of water resistance depends on product.

Prosthetic and orthotic solutions for
an active and independent lifestyle

Looking for an oapl clinic?
View our clinic locations online
at www.oapl.com.au

1300 866 275
info@oapl.com.au
www.oapl.com.au



Richard McCarthy – amputees can have a bucket list too!

Richard McCarthy is a Murri man and a member of the Gunggari mob. Gunggari People are the proud Traditional Owners for an area that spans approximately 37,100 square kilometres in Queensland's Maranoa region, and a nation with ancient cultures and customs. Gunggari country is nestled between the towns of Charleville, Mitchell, St George and Bollon. Gunggari People derive their traditional connection to country through their ancestry, a commonly shared deep spirituality and affinity with their homeland and recognition of social belonging.

It was an honour for Limbs 4 Life to learn about Richard's amputation experience, background, volunteering endeavours, and the fascinating 'bucket list' activities he has pursued in recent years.

Until his accident Richard lived just outside of Stanthorpe, in an open plan, off grid cottage on a great piece of bush land. It was his "sanctuary" and gave him a place that he felt connected to culturally and personally. "That part of Southern Queensland is an area filled by nature, native animals and, believe it or not, some snow during the winter," Richard explained. It was an area where Richard felt comfortable living and riding a motorcycle to get to work, connect with the community and spend time with friends.

Richard is in his early 50's and had been a safe and experienced motorcycle enthusiast since a young age. "Riding a bike has always given me a sense of freedom, feeling like all my senses are involved and offers absolute exhilaration," Richard shared. But he was always aware that

with enthusiasm comes a great responsibility to be safe on the road. "I have always known that motorcycle accidents can result in riders experiencing minor through to major injuries, making staying on top of the rules, being consciously aware of your surrounds and wearing safety gear critical," Richard explained. Unfortunately in March 2018 Richard did experience his first serious accident with a fast moving car that led to damage of both feet.

As a result of the accident it was identified that both of Richard's right ankle and foot were broken. At the time he had an ulcer on his left foot which was being cared for with the help of a podiatrist. His leg was put into a cast and sent home with a pair of crutches. Approximately two weeks later a friend, who had been visiting regularly to keep an eye on Richard, noticed he was unwell. "I thought I had the flu, but when my friend saw me she thought I was really unwell and needed to see a doctor," Richard recounted. So, Richard was taken to his local hospital where it was determined that sepsis infection had set in. It led to him being immediately transferred to the nearest major hospital in Toowoomba. "At hospital the initial treatment was intravenous medication to stop the infection," Richard explained. But within days doctors operated and removed part of his left foot, and it was during this operation that the surgeons realised that they would need to amputate his lower left leg.

"It came as a bit of a shock to be told that I would need to have the amputation done, then after the operation I was told they had to take more off than they thought," Richard reflected.

After his surgery, Richard spent six months in and out of hospital for rehabilitation, the fitting of his first prosthesis, the fitting of an orthotic device for his damaged right foot and some ongoing medical care. "The amputation changed my life and it took quite some time to emotionally come to terms with it all, but I had incredible support from my occupational therapist and social worker who helped me access support and apply for the NDIS," Richard recounted. Unfortunately, due to limited access to his home and property Richard was not able to safely return home. So,

initially Richard moved into a more accessible home in his local town and then, more recently, he moved into Toowoomba as it's closer to services and an even more accessible house. "I do enjoy being closer to the city but I really miss living on the land, and one day hope to build a home one that sits on 5 acres and is totally accessible to accommodate my disability needs," Richard said.

Richard is open about the fact he still feels emotionally impacted by what happened and is accessing psychological support so that he stays on top of this. "I think it's not so much that I now live without my left leg that affects me, but that it led to some radical independent living decisions and not being able to return to riding a motorcycle for quite a while," Richard revealed. Another decision for accessing psychological support was driven by Richard's professional experience as a qualified counsellor and recognising that you should always put your mental health first.

Prior to his amputation, Richard worked extensively as a counsellor in the areas of drug and alcohol recovery, men's health, male behaviour change and group leader training. "Over 10 years I worked for a couple of organisations and in multiple sites as a counsellor, so I knew first hand just how important it is to access support when you need it. And I also knew how critical it is to draw upon professionals to manage depression and adjustment. So, I started and still see a psychologist to stay on top of my own mental health," Richard shared.

Richard's background also led him to join the 'Happy Chat' peer support group in the town of Stanthorpe not long after his amputation. "It's a local group for people with mental health issues and I really benefited from being part of it. I was actually still in hospital when a friend from Happy Chat came in and told me about Limbs 4 Life and the Facebook page," Richard reflected. After looking at the page Richard noticed that the Amp-Ed Up Conference in Canberra was coming up and decided to attend. Within weeks Richard booked to attend the conference, then with help from friends and Limbs 4 Life he was able to arrange travel and accommodation. "Being able to attend the

two-day conference was a real eye opener for me and played an integral part in my recovery," Richard recalled. While Richard had much to say about the conference, if he could only choose four benefits it was "feeling like you could easily have a yarn with other amputees who 'just get it', asking other amputees about their experiences with certain devices, gaining insights by listening to speakers, and talking to professionals in the exhibition hall which was full of products you could touch and feel," Richard explained. While the next conference has been postponed a couple of times due to COVID restrictions, Richard believes it was done for all the right reasons and feels the next one will be even more powerful and exciting than ever before.

Richard has always been a lover of the land and sea, as well as being a very adventurous soul, and becoming an amputee has not stopped him from remaining active and pursuing life dreams. "I guess my accident and amputation has really driven me to start working through the 'bucket list' that I never seemed to get around to previously," Richard shared.



Richard has returned to riding a Suzuki Burgman AN 650 motorcycle which really suits his needs as it is an automatic. "My bike, that I call 'Bertha', is beautiful to ride and is not much different in handling and power to my previous bike. I lovingly refer to her as my 'scooter on steroids'," Richard laughed. He is grateful that he is able to get "back on the bike" to get around town, as well as further afield, and still experience the pleasure of riding.



Richard has also been working through his post-amputation 'bucket list' which have led him to take part in adrenaline-driven activities. Richard still feels shivers when he thinks about the time he went to Byron Bay with his son Budda and daughter Naomi. "I skydived for the first time of my life, with my adult kids jumping from the plane at the same time. It was not only a joy to do it with my amazing children but gave me the biggest and longest adrenaline buzz I've ever felt, not to mention a stunning aerial view of sea and country," Richard described. Richard has also taken the opportunity to see more of nature, by going up into the sky in a hot air balloon and gyrocopter.

More recently, Richard visited Mooloolaba in Queensland to swim with humpback whales. "I consider whales to be gentle, elegant and strong animals and felt blessed to be able to swim above them and watch them play in their own environment," Richard explained. When swimming with the whales you are put into a wetsuit and fitted with a snorkel, after which you can swim and watch the whales from above. "It's a very respectful approach, makes you feel privileged to be in their territory, and is an absolutely blissful encounter," Richard remarked.

Since his amputation Richard has also taken on voluntary positions with a number of organisations, enabling him to share his lived experience as an amputee, counselling background and knowledge as a Murri man. Richard currently sits on a Carers Queensland Reconciliation Action Plan Advisory Committee. The Committee is made up of local Aboriginal and Torres Strait Islander people to help ensure that communities are part of the plan and able to advise on local issues that need local solutions. "Being a Murri man, as well as a person living with disability, is a way that I can support my community and help to ensure that all people have access to services that are respectful of their social, economic and cultural needs," Richard explained.

Richard is also an important member of Limbs 4 Life's National Amputee Advisory Council (NAAC), and welcomes the opportunity to share his lived experience and contribute to ensuring that the voice of Aboriginal and Torres Strait Islander people is being heard.

"I was proud to be invited to join the NAAC and connect with a mix of amputees located all across Australia. It's such an informative and strategic group who share a common goal - ensuring that Limbs 4 Life is meeting the needs of the diverse amputee community across Australia".

Richard is also voluntarily offering his time to assist MET Phys establish a Peer Support Group. Richard felt honoured to assist in setting up the group and has recently taken part in training to become a group leader. "I have actually attended MET Phys for gym and pool therapy for a while, which has been invaluable. But it's great to now be part of the support group as it offers amputees a local place to have a yarn and not feel the need to explain yourself or challenges unless you really want to", Richard explained. "I recently met two fellas in the group are much like me as they ride motorcycles too, which really shows how groups can lead to new connections," Richard said. The MET Phys program will also expand into a broader free education, exercise and peer support program in 2022 and, just like Richard, Limbs 4 Life recommends that amputees in Toowoomba and surrounding regions get in touch to learn more and register.



**DARLING DOWNS
AMPUTEES**

**MOVE
EMPOWER
TRANSFORM**

Darling Downs Amputee Support Group

Meets fourth Tuesday of the month
Time: 2 - 4pm
Venue: MET Phys 10517 New England Highway, Highfields QLD 4352

For more information call: 4599 3165

Richard gives so much to his local communities, pursues lifelong goals and stays on top of his physical and mental health. "Becoming an amputee does mean some adjustments, but where possible I do suggest that people draw upon support so that they can live the best life possible. And always remember there is support from Limbs 4 Life and professionals to assist you along your journey, as I know that's helped me a lot," Richard shared.

Limbs 4 Life is grateful to have Richard voluntarily give of his busy time to assist us enhance organisational strategies and goals. We thank Richard for sharing his personal story and can't wait to learn about which amazing 'bucket list' items he achieves next!

PRO ARMOUR™

THE ULTIMATE PROTECTION FOR YOUR PROSTHETIC LIMB

Get the freedom to do more this summer with a Pro Armour Lite!

- ▣ Reduces maintenance time & hassle
- ▣ Splash, sand, dust and dirt proof
- ▣ Ankle movement unaffected
- ▣ Multiple sizes available
- ▣ For use with any footwear
- ▣ Only seconds to take on/off
- ▣ Ultra-light weight
- ▣ A fuss-free solution for summer!

We've received fantastic feedback from patients using the Pro Armour Lite. Trades people, outdoor enthusiasts and keen gardeners just love the product!

- Ross Powrie, Custom Prosthetics, Australia.

I used to cover my foot with plastic bags and old socks, it was such a hassle! Now the Pro Armour Lite has made a massive difference in my life. I wear mine all the time, except for dinner parties! I think every amputee should definitely get one.

- Naomi, BK amputee

Ask your prosthetist for a
PRO ARMOUR LITE today!



PRO-ARMOUR.COM.AU

 [prosthetic.armour](#)  [pro.armour](#)

2021 National Amputee Awareness Week wrap up

4 -11 October saw the Australian community celebrate National Amputee Awareness Week. Limbs 4 Life led an Australia-wide campaign with a focus on 'shining a light' on limb loss and encouraging people to 'get their ribbon on' in honour of this week.

Shine a Light

2021 was the third year of our 'Shine a Light' campaign. This year 59 iconic landmarks and buildings across Australia 'glowed in stunning green'! Local governments, businesses and government agencies involved didn't only 'light up' but many shared personalised social media messages to their own communities. This message assists Australians from all walks of life to become 'amputee aware'.

We are enormously grateful to all of the passionate participating organisations for embracing our Shine a Light campaign with such desire to demonstrate inclusivity and raise awareness. And we are thrilled that so many members of our community enjoyed the opportunity to visit locations and demonstrate their photography skills so that everyone could feel part of the 'shine a light' campaign virtually.



Get your Ribbon On

For the fifth year our 'Get your Ribbon On' campaign created a fun and creative buzz on social media. We witnessed a sea of green ribbons placed on people's clothes, prostheses, wheelchairs, scooters, cars, hats, and even on the wing of an aircraft!

We distributed thousands of ribbons this year to individuals, healthcare providers and community members, with the distinct green ribbon acting as the official symbol for this important week. It was pleasing to hear that the ribbon led to conversations, enabling people to chat about their personal story and provide limb loss facts.

Social media support

This year hundreds of organisations, councils, and government members posted limb loss awareness messages across social media. It generated conversations, enabled people to reach out to Limbs 4 Life, and brought communities together.

The week is certainly about awareness raising, reducing stigma, breaking down barriers and broadening the public's mind - and we think these posts played an important role in working towards achieving this!

Make sure you check out our compilation video clip of National Amputee Awareness Week on our You Tube channel.





LINDHE XTEND

With Xtend Connect, you can change quickly from one prosthetic setup to another without disturbing the important settings. For example, you can change feet or sockets. When is it required? When you want to use different feet for different activities (walking, swimming etc.); or want to use the same combination of a foot and a knee joint with another socket. Also, you can easily disconnect a distal part of your prosthesis to dress or to change shoes.

Fresh/salt/chlorine waterproof: YES

One-hand operation: YES

Max. body weight: 150kg

For more information
please visit manufacturer's website: www.lindhextend.com

Distributor in Australia:



www.qprosthetics.com
phone 047 68 68 811
email: qprosthetics@outlook.com

Endless combinations

with our multi functional adapter



NOTE!

Xtend Connect is available with
orange or black locking wheel.



A COSMETIC COVER MADE ONLY FOR YOU.

- Suitable for above knee and below knee prostheses.
- Made of a flexible non-brittle plastic.
- Different designs and sizes.
- More than 500 colors and prints.
- Individual designs professionally crafted based on your own pictures (photos, logos etc.) are available.



For more
information
please visit
manufacturer's
website: limb-art.com



AUSTRALIAN DISTRIBUTOR



www.qprosthetics.com
phone 047 68 68 811
email: qprosthetics@outlook.com





Health tips for amputees - Part 2

In our last edition of Amplified we provided the first part of this article, with the goal being to assist people with limb loss learn more about how to eat well in order to improve health and wellbeing. This article is the follow-up, and we hope it helps you to live a happy and healthy life.

Include protein and fibre-based foods in your breakfast regime

Starting the day with foods that are high in protein and fibre can help to give you the energy needed to tackle daily activities. And for people with diabetes, taking this approach can help to keep blood sugar levels more stable over the day.

Protein foods can help you to feel full and more satisfied. How much protein you need over the day varies from person to person, but it's important to get enough protein in your daily diet. Starting at breakfast is a great way to 'power your morning'. Some protein foods to consider are: eggs; dairy products such as milk, yoghurt and cheese; nuts; seeds; and, legumes, such as baked beans.

High-fibre foods can help you to feel full, support good 'gut health', and some can even help to reduce blood sugar and cholesterol levels. Dietary fibre is largely found in wholegrain cereals, fruits and vegetables. Many people like to have wholegrain foods at breakfast, such as those found in cereals like Weetbix, All-Bran, and porridge – but make sure to choose ones that offer 5grams of fibre and less than 5grams of sugar per serving. But other people prefer toast, in which case wholemeal or multigrain bread are good high-fibre choices. Other common breakfast foods that are high in fibre include fruit and vegetables

Lots of breakfast foods that are high in fibre and low on the glycaemic index (GI) offer safe and slower blood glucose response, as they take longer to digest and may help you to feel full. So, keep an eye on what makes up part of your first meal of the day and aim to include good protein and fibre that's best suited to you.

If you want to learn more or plan a good breakfast regime, it's a good idea to speak to your local GP or dietician.

Count your calories to manage weight and reduce health risks

After an amputation, one of the biggest lifestyle adjustments you may need to make is reducing your food and calorie intake because you have less muscle to maintain. Your body now weighs less than it did before due to the loss of your limb, which makes counting your new calorie needs important. Calorie needs are individual and vary depending on your level of amputation, what recovery stage you're in, how much physical activity you do, and any health-related issues affecting you (e.g. diabetes).

Depending on your situation you may need to increase or reduce the amount of calories you consume. For example, if your amputation was recent you may need to eat more calories in the form of protein in order to heal after major surgery. On the other hand, during and after recovery, some people may need to work towards a lower calorie intake than the amount prior to surgery. If you feel like you are doing everything right but are still struggling with your weight goals, it can be helpful to keep track of calories for a few days. If you have a smartphone, Easy Diet Diary is a free app that you can use to track what you eat.

Avoid ultra-processed foods

Just like any members of the community, it is recommended that people living with limb loss 'eat well'. Doing so can help with recovery, maintaining an appropriate weight, reduce chronic health risks, and ensure there is enough fuel in the body to remain as active as possible. In recent years you may have even heard the term 'ultra-processed food' being said. Put simply these foods are ones that are bad for your health when consumed regularly, and can have links to obesity, depression, cardiovascular disease, some cancers and Type 2 diabetes.

Ultra-processed foods are often high in unhealthy fats, include added sugars and salt, contain artificial flavours, and don't offer good sources of protein, fibre and nutrients. Often they are foods that are convenient and tasty – which makes them attractive. Some examples of ultra-processed foods include soft drinks, sweet or savoury packaged snacks etc. These foods

can be easily purchased from supermarkets and take-away places. So, it's highly recommended that people try to ensure they reduce the amount of ultra-processed food they consume and work towards a diet that is healthier in the longer term.

If you have diabetes eating suitable foods and nutrients that meet your needs is critical. So, it's important to speak with your dietician who can develop an eating plan that is suitable for you.

Try and make planning, shopping and cooking part of your lifestyle

We know that the idea of planning, shopping, preparing and cooking a healthy meal may sometimes seem overwhelming, but there are some tips that might help to reduce this feeling.

It's important to remember that planning ahead is important, as this can help you to have the ingredients you need to prepare a healthy meal at home and reduce the temptation of packaged or fast food. It's a great way to help make sure you get the nutrition you need and keep on top of calories, cholesterol, fats and carbohydrates you eat.

There are a few ways of doing this:

1. Find healthy recipes that meet the nutrition needs of yourself and your family
2. Choose meals that that you feel confident about and enjoy making
3. Make a grocery list before going to your local supermarket, and stick to it
4. Consider setting aside a day to prepare and pre-pack meals for the week, including ones that you can easily store as portions in the freezer
5. Keep a grocery list so that you can stay on top of anything you may have run out of, or things you want to buy again for upcoming meal plans.

Why managing your weight as a prosthetic user is important

If you wear a prosthesis and your weight changes this can affect how your socket fits and feels. If you gain weight your stump is likely to get bigger and your socket may become too tight making it difficult to wear. If you experience



significant weight loss your socket may become too loose and impact on your safety. Similarly, if you use an upper limb prosthesis, you may find it difficult to keep on.

Weight changes of more than 2 – 3 kilograms will generally result in a change to your socket fit and you may require a new socket. To achieve the best prosthetic outcome do your best to maintain a stable and consistent weight, unless a specialist is directing you to lose or gain weight for health reasons.

References:

Academy of Nutrition and Dietetics. (2019). 3 Strategies for Successful Meal Planning. www.eatright.org/food/planning-and-prep/smart-shopping/3-strategies-for-successful-meal-planning

Better Health Channel. (2021). Dietary fibre. www.betterhealth.vic.gov.au/health/healthyliving/fibre-in-food#dietary-fibre-and-blood-cholesterol

Better Health Channel. (2021). Carbohydrates and glycaemic index. www.betterhealth.vic.gov.au/health/healthyliving/carbohydrates-and-the-glycaemic-index

Consortium for Health and Military Performance. (2016). Healthy eating for amputees. www.hprc-online.org/nutrition/unique-nutrition-needs/healthy-eating-amputees

Diabetes Australia. (2021). What should I eat? www.diabetesaustralia.com.au/food-activity/eating-well/what-should-i-eat

Food Standards Australia and New Zealand. (2020). Diet quality and processed foods. <https://www.foodstandards.gov.au/consumer/nutrition/Pages/Diet-quality-and-processed-foods.aspx>

Harvard University, School of Public Health. Carbohydrates and Blood Sugar. www.hsph.harvard.edu/nutritionsource/carbohydrates/carbohydrates-and-blood-sugar/

Fit in one session, under two hours.

- **iFIT Transtibial Prosthetic System**
- **iFIT Transfemoral Prosthetic System**

Can be precisely fit and aligned by a prosthetist in about two hours - only a single appointment is required to start walking again.

A comfortable and adjustable full contact socket is ideal for shrinking the limb after amputation.

Comes as a complete set of components to build and adjust a socket.

Compatible with a wide variety of prosthetic liners, feet and knees.

Waterproof.



For more information please contact a distributor:

or visit a manufacturer's website:

www.qprosthetics.com, phone 047 68 68 811, email: qprosthetics@outlook.com

www.ifitprosthetics.com

Join us for Australia's biggest amputee event!

AMP-ED Up!

EDUCATE • EMPOWER • ENCOURAGE

NATIONAL AMPUTEE CONFERENCE

17-18 FEB
MELBOURNE

Don't miss out on your chance to attend this fantastic event.

If you need funding assistance to attend Amp-ed Up, please contact us today.



ottobock.



We have a great line up of exhibitors including:

- Ossur
- Ottobock
- Every Human
- OPC Health
- Oapl
- Taska Prosthetics
- Mobility Plus
- Golf Australia
- ProMotion Prosthetics/Epworth
- Massons Healthcare
- MePacs

A great line up of speakers including:

- Dr Sally Cockburn
- Dr Bernie Crimmins
- Dr Natasha Layton
- Dr Natasha Brusco

Presentations about:

- National Disability Insurance Scheme
- Self care for Carers
- Tips on navigating My Aged Care
- Understanding your human rights
- Assistive Technology For All campaign

Get your
tickets
today!



Workshops
and speaker
panel
sessions



Hear from some wonderful members of the amputee community
Jason Diederich, Mike Rolls and Sara Shams

Spare Parts is joining us again to help you to Bling your Limb!
Great prizes to be won!

Pick up your official conference T-shirt and visit the Limbs 4 Life stand for our latest merchandise

PUT ON YOUR FIN AND DIVE RIGHT IN!

—
Introducing the
AMP Fin Swimming
Prosthesis

Swimming is a great method of physical therapy and stress relief! However, it isn't unusual to experience trouble treading water and swimming with a prosthetic limb.

That's where AMP Fin comes in! The AMP Fin is designed to fit you. Whether you require a custom fit, or an attachment to your existing socket, easier swimming is just around the corner.

AMP FIN™
REVOLUTION

Ask your
prosthetist
about the AMP
Fin Swimming
Prosthesis!



Launch of the Amputation Decision Aid - a resource to help inform difficult decisions about partial foot amputation using a shared decision-making approach.

Following the recent launch of the **Amputation Decision Aid** website, we are grateful for the opportunity to reconnect with members of Limbs 4 Life and raise awareness of the freely available resources to help people make more informed decisions about partial foot amputation due to peripheral arterial disease.



AMPUTATION DECISION AID

Helping people make informed decisions about partial foot amputation

Our motivation to produce the Amputation Decision Aid is perhaps best understood through the experience of those who have faced difficult decisions about partial foot amputation.

As part of our research, we had the privilege of talking with people about their experience of partial foot amputation. While hearing peoples' stories first-hand was often confronting, these stories became so important in shaping our understanding of the challenges many people experienced.

Many people seemed poorly informed about what the surgery involved, the likely outcomes, and the risks of complications. People often described that partial foot amputation was presented as a foregone conclusion without a meaningful conversation. As such, the outcomes often differed from peoples' expectations.

"After a week I was told they hadn't taken enough off and I would need a debridement. I thought it would be like shaving Parmesan cheese off. They should just say, we're going to chop off another inch or two..."

In our interviews with people about their experience of partial foot amputation, many people identified ways that we could help improve the experience. A lot of the advice resonated with our understanding of innovative models of healthcare such as shared decision-making.

"I would ask what the mobility comparisons would be between the two amputations. I probably should have asked more questions about being confined to the house, everything that was involved around the VAC machine... - having to be on pain killers. The quality of the time. If there were statistics on success rates, I'd point those out too."

Shared decision-making describes a collaborative process whereby consumers and healthcare professionals engage in meaningful conversations focused on making a very specific healthcare decision, such as the choice between a toe amputation or a below-knee amputation. At first glance, a shared decision-making consult might look like any other. However, a shared decision-making consult is deliberately designed to empower consumers by providing accurate and unbiased information about all the treatment options, the pros and cons of each, as well as support that allows people the time and space they need to deliberate on the path ahead given their circumstances, values and preferences.

The process of shared decision-making can be enhanced by high-quality resources such as the:

- **Amputation Decision Aid** - specifically written for people facing the prospect of partial foot amputation due to peripheral arterial disease. It includes unbiased information about the different options, the likely outcomes, and risks of complications. Information is presented in simple terms to facilitate understanding.
- **Amputation Discussion Guide** - a companion resource for healthcare professionals that includes up-to-date research evidence and example conversation starters to facilitate meaningful conversations tailored to the needs of each individual patient.



These resources can be used at different points in the treatment pathway. For example, some people may benefit from learning more about the prospect of partial foot amputation in a high-risk foot service when amputation is first discussed. These resources can also be taken home as a reminder of the surgical consult, so that family and friends have access to the same accurate and unbiased information.

In closing, I would like to thank Limbs 4 Life for their ongoing support of the Amputation Decision Aid, and to the members of Limbs 4 Life who contributed their feedback as part of the expert advisory panel that helped guide this work.

If you would like to know more about these freely available resources, please:

- visit the website:
www.amputationdecisionaid.com
- follow us on Twitter: @AmpDecisionAid

I'd like to leave you with this reflection from one of our research participants given that it epitomises a shared decision-making approach.

"For the clinician staff guiding the patient as to what surgical outcomes they can expect: give them the full options. Be prepared to provide a whole host of options and choice. You need to listen. Give the fact base and, um, give them time to contemplate. If that is at all feasible. Do not expect them to choose the one that you would choose as well. Be prepared that whatever that decision is for that person... - needs to be made for that - the person needs to make their decision."



Dr Michael Dillon, PhD is a Professor of Prosthetics and Orthotics at La Trobe University, and currently serves as the Head, Department of Physiotherapy, Podiatry, Prosthetics and Orthotics.

A photograph of a young woman with long dark hair, smiling and wearing a black graduation cap and a red and black graduation gown. She is holding a rolled-up white diploma tied with a blue ribbon. The background is a plain, light-colored wall.

Elly's limb deficiency story

The most incredible gift in life for me is to be able to inspire others to believe in themselves, no matter what they are born with, or without.

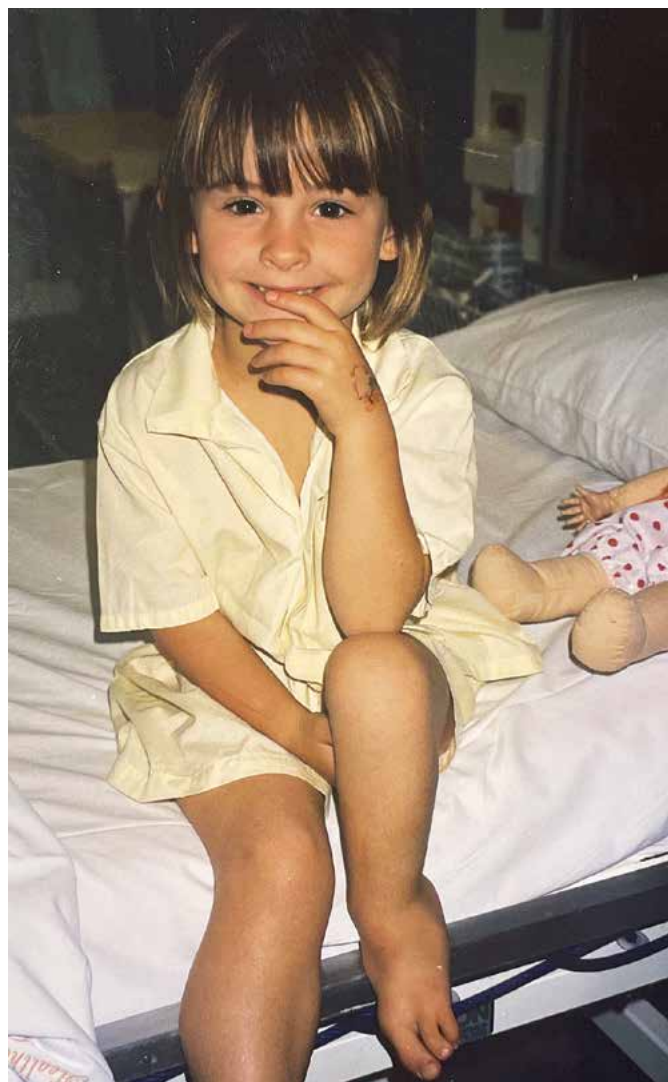
My name is Elly, I am 27 years old and I have had the opportunity to share a very special and personally inspiring story with children, young adults, parents, families and health care professionals interested in or associated with limb deficiencies.

I was born in 1993 with left Fibular Hemimelia; absence of the fibula bone in the lower leg. This was an uncommon congenital bone deficiency and, at the time, there was very little

information available to provide my parents with the necessary treatment options. It was known that Fibular Hemimelia could cause severe knee instability due to deficiencies of the ligaments. My Dad's first response when I was born was "she's a healthy, beautiful little girl with three toes". My left leg was much shorter than my right, my ankle was deformed, my foot was in a lateral position and two sizes smaller than my right, and I was missing two toes. My parents were so thankful I was born healthy and well, however they knew they had some incredibly challenging decisions ahead, and feared for the unknown possibilities of my childhood and future.

Over the next few days, the doctors advised my parents that amputation from below the knee would be the most advisable option. My parents were told that I would never be able to walk, run, ride a bike, or have any normal function in my leg or foot. After seeking numerous opinions my parents decided go down the road of 'Limb Salvage' as they wanted any future amputation decision one day be my own if necessary.

My first operation was at the age of 4 to centralise my foot; a procedure that involved Achilles tendon lengthening and major bone reconstruction. My next operation was when I was 5 years old, and involved my first tibia bone lengthening procedure in Perth's Princess Margaret Hospital using the 'Orthofix' bone lengthening device. This invasive device remained insitu (in position) for eight months, during which my tibia bone was surgically broken and lengthened using 4 pin-sites which were inserted into the bone. It required a painful daily routine of turning screws 4 times a day to



lengthen the tibia bone (a millimetre per day) by creating new bone growth while bridging the gap in the tibia (also known as osteogenesis). At the age of 6 my parents were delighted to be informed my left tibia had been lengthened to a total of 16.5 cm, therefore matching my right tibia bone in length and strength, after which I was then running around proud and unaided on the farm whilst keeping up with my siblings.

Due to the stunted growth of my left tibia, as I grew, the difference became more pronounced. Given that my left tibia was again 25% shorter than my right tibia when I was 12 years old I underwent my second bone lengthening procedure; a procedure which involved the 'Ilizarov apparatus'. The Ilizarov was a physically, mentally and visually challenging device which involved 18 pin-sites inserted into my tibia and foot. Upon successful completion of the Ilizarov bone lengthening process, multiple plaster casts and physiotherapy appointments, I entered into my teenage years.

On reflection I now know that my physical, emotional and mental accomplishments were all a direct result of my upbringing and family support. I believe growing up in such a loving and supportive environment meant I never felt like I was different or had a disability. I completed my Bachelor of Nursing degree at Edith Cowan University in 2017 and for four years I have been working as a Registered Nurse on an Acute Surgical Ward in Perth; a career which gives me great honour and pride. If I could have told my younger self that one day I would be a Registered Nurse and have everything needed within me to achieve my dreams, it would have given me so much more hope during those challenging times. I share this story with the desire to give children and families the courage to always have hope.

Today, both of my tibias are the same length, and 90% of the people I see throughout the day have no idea about my limb deformity. As a child I used to get asked, if I could wish for



a normal leg and foot, would I? My answer is "absolutely not". I believe I am able to motivate others from all walks of life to follow their dreams, to choose kindness, to love themselves, and to always reach for the sky.

Furthermore, I would love to thank my parents for staying strong, for supporting each other throughout every step and for loving me unconditionally. I look forward to being more involved in supporting children and families that face limb deficiencies, and to encourage them to shine.

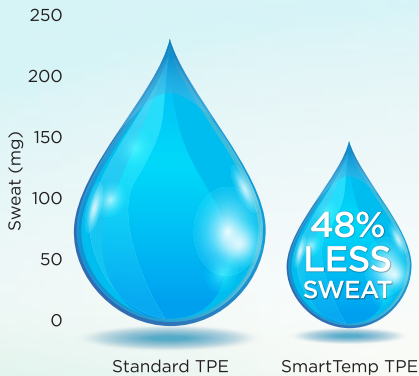
**Thank you for reading,
Elly Choules**

Thanks to Elly for sharing her personal story, and how she achieved her goals and dreams with a wonderful support network around her. Elly has actually provided a longer version of her story which is available to read on the Limbs 4 Kids website.

48% LESS SWEAT NOW THAT'S PRETTY COOL

The NEW Alpha SmartTemp® Gel Liner, with WillowWood's proprietary blend of TPE gel and heat absorption technology, makes the unbelievable...believable.

Get Ready to Believe



In a randomized clinical study, participants experienced, on average, a 48% reduction in sweat when wearing the Alpha SmartTemp Gel Liner compared to a standard TPE liner.*



The Alpha SmartTemp Gel Liner comes with a 30-day trial period. Ask your prosthetist about this liner...and get ready to believe.

LEARN MORE ABOUT THE ALPHA SMARTTEMP GEL LINER. ASK YOUR PROSTHETIST OR VISIT WILLOWWOOD.COM



www.massonshealthcare.com.au

*Study data on file and online at willowwood.com/core



Love your socket.

Wish you could make your socket fit in seconds? You can with **RevoFit™**

All new and improved RevoFit™

Want to feel
the LOVE?

Ask your
prosthetist
for **RevoFit™**

RevoFit™ users LOVE their sockets because they can adjust anywhere and at anytime.

Start your adjustable journey at
www.massonshealthcare.com.au

RevoFit™
by CLICK



email: info@massonshealthcare.com.au

First Nations People Advisory Committee – Join us!

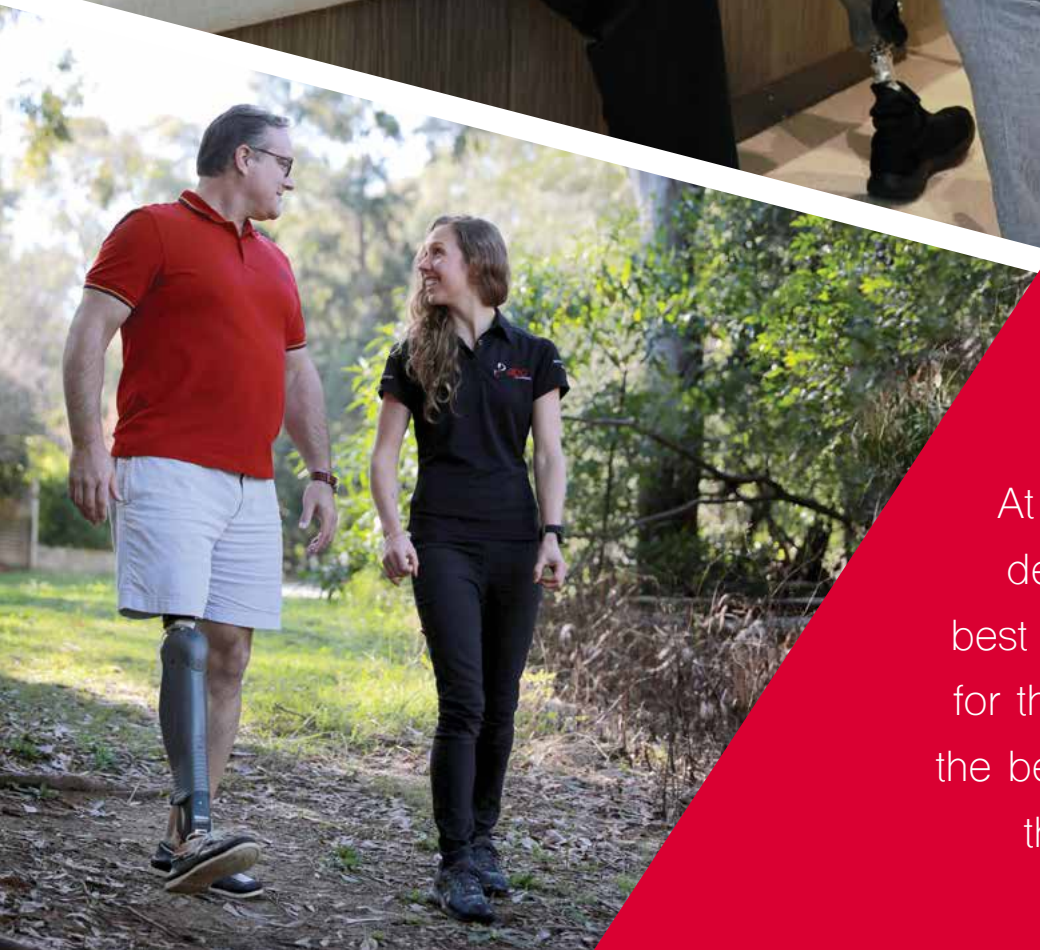
Limbs 4 Life is setting up the First Nations People Advisory Committee in 2022. This Committee will be made up of Aboriginal and Torres Strait Islander People located across Australia. It's a chance for members to share their experience, knowledge of limb loss realities and needs, identify support gaps in the system and help find local solutions. The Committee will inform development, implementation and review of Limbs 4 Life plans and activity for First Nations people, their families and communities. The Committee will also help to ensure that the organisation is culturally appropriate, effective and meets the needs of Aboriginal and Torres Strait Islander People facing or living with limb loss.

If you would like more information or want to register your interest please contact us today.

Become a Peer Support Volunteer today!



Peer Support Volunteers are people who have lived with limb loss for a number of years and have successfully adapted to the challenges of amputation. Our Peer Support Volunteers play a vital role in the lives of individuals and their families. They provide emotional and practical support to help alleviate feelings of isolation, depression and limb loss related fears. If you think you have what it takes to become a Peer Support Volunteer, please contact us today for more information or to apply.



OUR GOAL

At APC Prosthetics, we are dedicated to achieving the best outcome for you, aiming for the best possible comfort, the best possible function and the best possible lifestyle.

APC Prosthetics — Alexandria

Suite 1A, 170-180 Bourke Road,
Alexandria NSW 2015

P: 02 8339 4784

F: 02 9475 0795

E: alexandria@apcprosthetics.com.au

APC Prosthetics - Central Coast

Suite 4, 14 Pioneer Avenue,
Tuggerah NSW 2259

P: 02 4047 8755

F: 02 9475 0916

E: centralcoast@apcprosthetics.com.au

APC Prosthetics — Hunter

Suite 4, 240 Pacific Highway,
Charlestown NSW 2290

P: 02 4969 8700

F: 02 9475 0916

E: hunter@apcprosthetics.com.au

APC Prosthetics — Northmead

2 Redbank Road,
Northmead NSW 2152

P: 02 9890 8123

F: 02 9475 0253

E: northmead@apcprosthetics.com.au

Grief and loss



After an amputation people can experience grief and loss in a variety of ways. After all, it is a significant and life-long change to your body. Feelings of grief and loss are normal. Try to be patient with yourself and allow yourself the time you need to grieve the loss of your limb and adjust to your 'new normal'.

If you feel like you are struggling to cope with your amputation you should seek help and speak to someone. Remember, you are not alone.

What is grief?

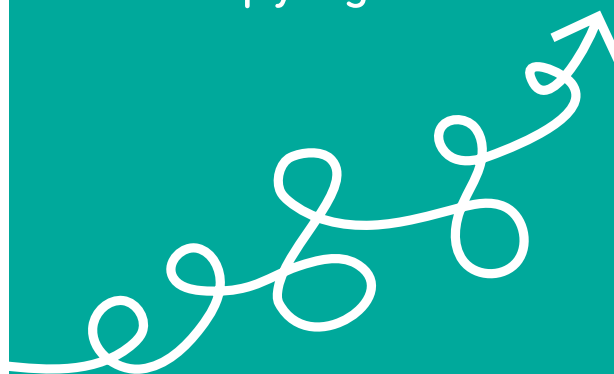
Grief is a normal human response to losing someone or experiencing a traumatic event. People who have undergone an amputation, regardless of the cause, can also experience grief for the loss of their limb/s.

Some people may grieve the loss of their limb for weeks or months, while for others the feeling of grief may last years. Grief has no set time frame. Grief can affect people in different ways and is individual to the person.

The roadmap you expected



The roadmap you got



What are the stages of grief?

Many people go through what are called the 'stages of grief'. These can include:

- **Anger**
- **Denial**
- **Guilt**
- **Acceptance**
- **Depression**

Not everyone experiences each of these stages, they may only experience some of them and not necessarily in a particular order. Working your way through a grief process is personal journey. Some people can feel stuck in some stages, while others move back and forth between stages during their recovery.

Are there physical symptoms to grief and loss?

Grief can affect many parts of your life including your sense of self and your personal identity. Grief and loss can impact your relationships with others, your physical health and your emotions. You may find that your ability to sleep is affected (too much or too little sleep), your appetite can change, you may experience physical pain and general discomfort, you may have increases or decreases in body temperature changes, or other physical changes.

How can I get support?

If you are experiencing the physical and emotional impact of grief and loss following your amputation it is important to talk to a member of your healthcare team or your local doctor. You may like to speak to a trained counsellor to help you deal with your emotions. Your doctor can assist you with a 'mental health care plan' and refer you to a healthcare professional, such as a psychologist. Visits to healthcare professionals can be subsidised via Medicare or is sometimes covered through private health insurance companies.

Talk to the people in your life about how you are feeling. Stay connected to your friends. Share your thoughts with loved ones as this will help you deal with the changes of how your body looks and feels.



If you, or someone you know, needs immediate support or is in danger contact 000. Or, if you want to talk to someone over the phone you can contact:

Lifeline

Call **13 11 14** or visit www.lifeline.org.au

Beyond Blue

Call **1300 22 4636** or visit www.beyondblue.org.au

headspace (younger amputees)

Visit www.headspace.org.au to find your nearest headspace centre or join the online support service

Sane Australia

Call **1800 18 7263** or visit www.sane.org

Open Arms (veterans and families)

Call **1800 011 046** or visit www.openarms.gov.au

Are you an amputee? Are you nearing 65 years of age?

If you answered yes to both questions and are not yet registered with the National Disability Insurance Scheme (NDIS), then now is the time to do so.

To be eligible for NDIS support you need to be under the age of 65, have a permanent and significant disability and be an Australian citizen. The NDIS may provide funding for prosthetics, assistive devices like wheelchairs, home and vehicle modifications, and access to support services such as cleaning and gardening (for example) if you are unable to do those tasks yourself because of your disability.

If you would like more information you can contact Limbs 4 Life or call the NDIS directly on 1800 800 110 or visit [ndis.gov.au](https://www.ndis.gov.au)



Would you like to connect with other amputees in your community?

If so, then an amputee support group is for you!

A support group is a great place to:

- Connect with others who understand what life as an amputee is like
- Share valuable amputee specific information
- Increase your community connections
- Build your support network

For more information on Victorian-based support groups in your area, contact Limbs 4 Life today!

Helping your child adjust to amputation

Children born with a limb difference develop ways of performing tasks and learning new things naturally.

A child that has a limb amputated, however, will feel its loss and go through a time of physical and emotional adjustment. As they recover and get used to their new body they may feel sad, ask why this has happened to them, or be frustrated by their new physical differences. It is important to keep talking about how you all feel, to ask questions and answer them as honestly as you can. Everyone is different physically and emotionally with unique talents and abilities – by reinforcing that message may help your child to understand that 'being different' is not unusual.

Physical changes

With the amputation of a limb, your child will go through physical changes and challenges, including:

- healing from surgery
- regaining coordination and balance
- learning to use a prosthesis and/or other mobility aids (e.g. crutches)
- returning to normal activities.

Emotional responses to acquired limb loss

Amputation can impact people emotionally. It's important your child feels safe to discuss and ask questions. These feelings may include:

- worry, sadness or fear
- nervousness about returning to previous or new activities (e.g. school, sports)
- concerns about how parents, siblings, family members or peers will react to their difference.

Every child responds differently to limb loss:

- reassure them
- explain what has happened (or what will happen if an amputation is scheduled)
- discuss the reasons why it has happened (or will be happening).

For more information visit www.limb4kids.org.au or join the growing community of parents in our Limbs 4 Kids Facebook group.

limbs  kids

Connect
with us today.



@Limbs4Life



@Limbs4LifeInc



@Limbs4Life



linkedin.com/company/limbs4life



youtube.com/c/Limbs4Life



**LEADING
EDGE**
PROSTHETICS

Offering a
modern clinic and
contemporary
service to suit all
your prosthetic
needs.

FREEDOM
MOBILITY
PERFORMANCE
WELL-BEING

For further information or to make an
appointment call (07) 3890 7788
U3/6 Palmer Place, Murarrie, QLD 4172
leadingedgeprosthetics.com.au

Find us on



ProMotion Prosthetics

Clinical Services. Consultancy. Manufacture.

MAIN OFFICE

36/148 Chesterville Road
Moorabbin 3189

EPWORTH REHAB CLINIC

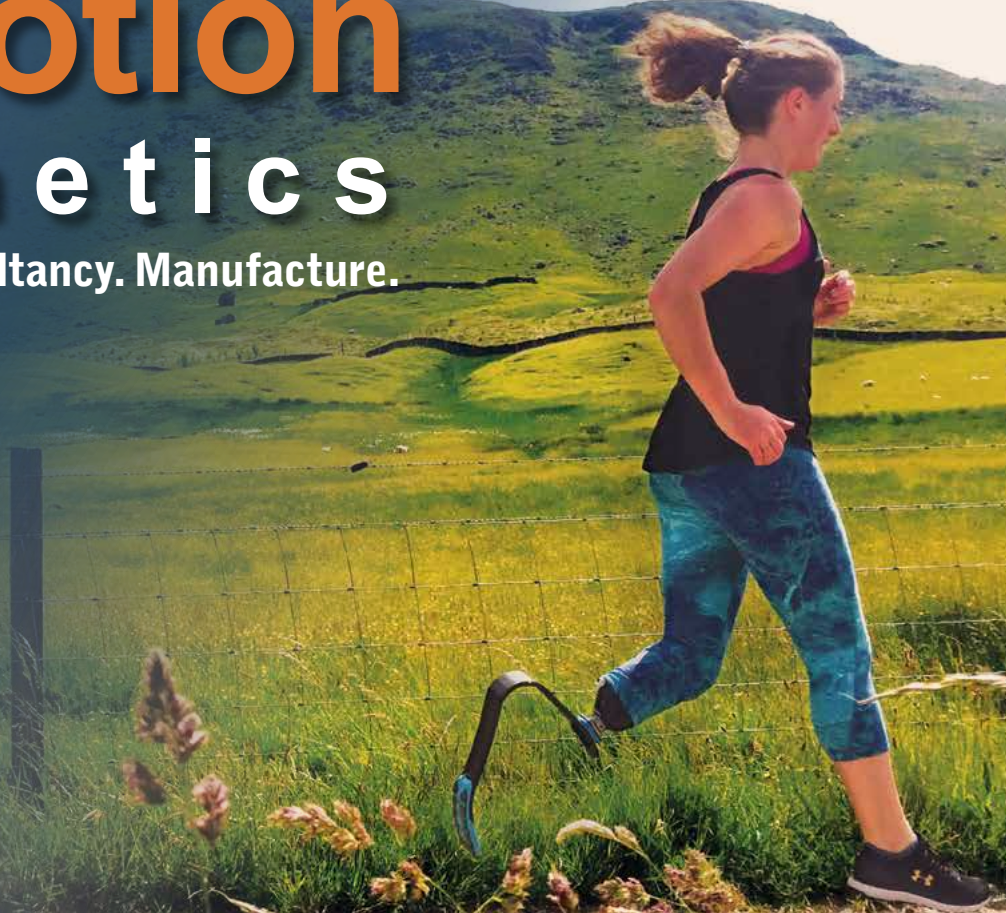
50 Burwood Road
Hawthorn 3122

ENQUIRIES

PH: 03 9532 5098
reception@pmprosthetics.com.au
www.pmprosthetics.com.au



Registered
NDIS provider



A man with a prosthetic leg is hiking on a rocky trail. He is wearing a blue zip-up jacket, magenta leggings, and red sneakers. He has a backpack and a red harness. The background is a forested hillside.

ottobock.

Empower

Restore your power

The world's only prosthetic foot
with **POWERED PUSH OFF.**

Otto Bock Australia Pty Ltd
Tel 1300 136 056 · healthcare@ottobock.com.au
www.ottobock.com.au

Follow Ottobock Australia on

