



NEWSLETTER ♦ 58th Edition ♦ June 2018 ♦ *Special Father's Day Edition*

FATHER'S DAY

- by Mike Portman

When we think of Father's Day, most of us think back on the events and experiences, good or bad, we had with our fathers. But what do you do when you have had two individuals who, for all intents and purposes, made you into who you are now?



I am not going to even dive into the influence a father has on a daughter, so bear with me as I look at the father-son relationship I had.

My father was George Carl Portman, who was born in 1932. He was reared in Grayson County, Kentucky. His father was descended from Swiss immigrants who arrived in this country around 1830. I never knew my grandfather, but unfortunately, my father inherited some of his more unsavory traits; such as a need to consume alcohol to excess, and a temper fueled by it.

He married my mother in 1953 and I was born in 1954. I have good memories of my early childhood and learned and still remember some of the things he taught me. How to hunt and fish, and how to work with my hands. I also remember the good things he did for my siblings and me, such as bringing us treats of White Castle burgers on Friday nights after midnight (no meat on Fridays, Catholic you know).

But then the alcohol started to be more important than my mother and we were. And then he taught me how drinking (or any addiction) destroys a family and sows the seeds of dislike and the desire to avoid contact at all costs with the source of the problem. Don't misunderstand, I still loved my father but did not want to be like him. Especially after he left us for the bottle.



So my parents divorced in 1965, leaving my mother confined to a TB hospital and my brother and sisters and I were placed in an orphanage. I think at that point my mother almost gave up. But then she met the man who would become my step-father, Perry L. Mobley, who was 20 years older than my mother. My mother was released from the hospital and married my step-father in 1968. They then reclaimed us from the orphanage.



Perry was a WWII veteran who had been married before but did not have any children of his own. And although I did not think of it then, I always wondered what would make him marry a woman with four children, who because her ex-husband was a deadbeat, he would have to support. But he was good to my

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AMPUTEE COALITION



FACT SHEET

When a Parent Loses a Limb: Helping Children Cope

Common Questions That Children Ask

- *Where is your arm/leg? What happened to it? Did it break off?* Be prepared to assist the child with an answer that is appropriate for his or her age or developmental level. Avoid giving children too much information, such as details about a complicated disease process or the amputation surgery.

- *Does it hurt?* Pain is scary to children; the longer pain endures, the more frightened the child will be. Talk about different types of pain in terms the child can understand. (Remember the time you burned your finger? Or the time you fell off your bike?) Remind the child that sometimes pain is short-lived; at other times, pain lasts for days, but, eventually, the pain gets better.

- *Can this happen to me?* Alleviate fears by giving information that kids can understand. A child who hears that someone was asleep when his or her leg was removed may develop a fear of bedtime. Remember that your explanations need to be planned to avoid creating additional fears or anxiety.

- *Is this my fault?* Younger children are egocentric; when things happen, they feel responsible. Make certain children know that they did not do anything to cause the amputation.

Things to Remember

- Limb loss is not a punishment. However, if it was the result of an accident, you may want to talk about safety issues with the child at an appropriate time.

- The child will not "catch" this. Hugging and touching are still safe and very important parts of healing for the entire family.

- The parent is still Mommy or Daddy regardless of the limb difference. Talk about what is important. Daddy can still read a bedtime story, and Mommy can still brush your hair.

- Things may be different. Mom may have to learn a new way to bake chocolate chip cookies, and Dad may not be able to walk the dog for a few weeks (or months).

- Call upon the child's natural desire to help. Tell the child he or she can be Mommy's right hand until she learns to use the new one.

- Explain the new words. Make a game out of spelling and pronouncing the words that have become a new part of your vocabulary, such as prosthesis, socket, limb, residual limb and prosthetist.

- Avoid adverse reactions. Anticipate a child who may cry or scream in response to seeing a parent for the first time after limb loss or a child who may run from the room each time the prosthesis is removed. Explain the differences in advance to prepare the child. Show pictures of other people with limb loss (available from the prosthetist or

- Continued on Page 2 Column 2 -

Father's Day (cont'd)

mother and ensured that we had food, clothing, and shelter. We went to school each day and were expected to do our chores and to help out as needed.

As a teenager I was rebellious and did not appreciate the lessons he taught me at that time. In fact, I did not think he liked me very much because of how strict he was on me. He never attended school activities and did not appear to have any interest in me at all. Later though, I found out that he had kept track of my activities but did not attend due to working multiple jobs to make ends meet.

As I grew to manhood, he was the one I turned to when I had a problem and needed advice. And as I got older I found that I was not my father's son, but his. Having been without him now for some time, he died in 1999, I wish that I could talk to him and get his opinion on things which bother me or just call him and see if he wanted to go fishing.

On the night he died, my sisters and I were with him; and when he passed, we thanked him for marrying our mother and for being our father. I asked my mother once, not long before she died, why Perry would have married a woman with four kids and take on that responsibility. She told me that she always felt that he needed us as much as we needed him, and that we just came together at the right time.

Perry would have been 103-years old this year. There are not many days that go by that I don't think of him and wish that I could just say to him that I loved him for the father he became, and for the father he made me.

That is how I think of Father's Day.



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Any man  
can  
be a father  
but it takes  
someone special  
to be a Dad.

## QUOTE OF THE MONTH

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I'm Moving Forward . . .

Each month we are including a picture of our members **moving forward** after limb loss.



Mike Portman moving forward and catching a barracuda!

** If you have a picture that you would like to submit, please send it to Julie or Belinda. **

When a Parent Loses a Limb: Helping Children Cope (cont'd)

therapist or inMotion magazine) to desensitize the child.

- Focus on the similarities, but prepare gently for the differences. Have the child talk or write about his or her feelings.
- Children are curious. Remove the mystery from the prosthesis by asking the prosthetist to spend time with the child, explaining the materials and components used. The child should be encouraged to manipulate the components.
- If possible, have the child talk with other children whose parents have lost a limb.

Reading encourages children's imaginations to grow, and opens their world to new people, places and possibilities. Reading books about difficult concepts, such as limb difference, is a safe and familiar way to introduce children to the topic. For a list of books for children of various ages dealing with the topic of limb loss, visit the Amputee Coalition website at this link:

<https://www.amputee-coalition.org/resources/understand-limb-loss/>

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## Thank You to the Amputee Coalition

We want to thank the Amputee Coalition for allowing us to use their articles in our newsletters. We also want to thank them for the many brochures and publications that they provide to our group. It is not the intention of the Amputee Coalition to provide specific medical or legal advice but rather to provide consumers with information to better understand their health and healthcare issues. The Amputee Coalition does not endorse any specific treatment, technology, company, service or device. Consumers are urged to consult with their healthcare providers for specific medical advice or before making any purchasing decisions involving their care.

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SPOTLIGHT

- by Belinda

Each month in this column, we shine our light upon a group member or a special organization. For the month of June, our spotlight is shining on group member Paul Christian. When thinking about who to interview this month, I decided that it should definitely be a father since we celebrate Father's Day in June. That is when Paul immediately came to mind. I will never forget the first meeting that he attended at SIRH. I was setting up for the meeting when the security guard came in and told me that I would need more chairs. It seemed that an entire family had just come in inquiring about our meeting. A few moments later, in came Paul accompanied by his wife, 2 children, and 3 grandchildren. I remember thinking, "Wow, this guy has got a tremendous support system." It didn't take long to find out just how much love and dedication his family feels for him. I know that you will enjoy getting to know Paul a little better . . .

Paul's hometown is Jeffersontown, Kentucky, but he and his wife Mindy now live in Jeffersonville, Indiana. He and Mindy, according to Paul, have been married for 39 loving years. They have three children, Adam 38, Nikki 35, and Seth 24. Their daughter Nikki has blessed them with 3 grandchildren, Madison 15, Abby 11, and Lochlan 7. I love when his grandchildren attend our meetings because they are so attentive and always take part by asking questions and sharing stories of their grandpa. When I asked Paul if he had any special memories that he would like to share, he said that his favorite memories of all involved spending time with his family. He added, "We don't have to be doing anything but hanging out and that's a great memory for me."

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MAY RECAP

As unbelievable as it may seem, we actually had nice weather for the Kentucky Derby Pegasus Parade. There were no torrential downpours, 20 degree wind chills, or unbearable heat. Many members of the group took advantage of the pleasant day by attending a parade viewing and picnic hosted by Louisville Prosthetics. We enjoyed the delicious food, marching bands, clowns, dancers, and other parade participants. Mostly, we delighted in spending time together talking, laughing, and sometimes dancing on a lovely spring day.

On May 12th, *Moving Forward* and HealthSouth from Elizabethtown hosted an Amputee Coalition Certified Peer Visitor Class at the Okolona Fire Station. We want to congratulate group members Katie Flanigan, Chris Nicheols, and Daniel Waters for completing the one-day training class and receiving their certificates. Instructor for the course was Valerie Gibbs, who is the Amputee Care Coordinator for HealthSouth in Lexington, KY. Our support group now has a total of 19 members who are trained to visit new amputees and caregivers, providing them with emotional support, information, and resources.

At both the IN and KY meetings, Belinda asked those in attendance to help make a list of tips for amputees. This list will be shared in upcoming newsletters and with new amputees during peer visits. It was quite interesting to hear all the ingenious ways that amputees have found to accomplish day-to-day tasks or just to make life a little easier. We also discussed and planned for some of our upcoming events.

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*In memory of our dear friend Albert Howard, we will always remember your love of laughter.*



2016 Pegasus parade



2018 Pegasus Parade

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SPOTLIGHT (cont'd)

Paul retired from Metro Corrections as a sergeant after 21 years of service. His hobbies include fishing and watching sports and old westerns. He is a huge sports fan with his favorite teams being U of L, Notre Dame, and the Green Bay Packers. He proved his knowledge of sports when he and daughter Nikki teamed up to win the sports trivia challenge at our March Madness Soup & Chili Supper. It was a lot of fun seeing them working together as a team.

When asked about his limb loss, Paul responded that he lost his right leg in 2013 and the left one in 2016, both due to infections. He credits his family for helping him through the hard times, saying that they never left his side. I asked him, "Besides the physical changes caused by his limb loss, has it changed you in any other ways?" He answered that the main thing was that he lost a lot of his self-confidence. As far as advice for a new amputee, Paul said he would tell them to be patient and not to get frustrated with themselves.

Paul and his family joined our support group in Jan., 2017. I closed the interview by asking how it has helped him by being a member of *Moving Forward*. He said, "Joining the group has been a game changer for my whole family. We have made great new friends and it's been a feeling of equality for me."

As a special Father's Day surprise for Paul, I asked his grandchildren to write a special message for their grandpa to share in our newsletter. After reading it, I know you will agree that he is a very fortunate man.



**"We have the best grandpa (poppy) in the world! We love you so much!
Thanks for being a great inspiration to us and showing us to never give up!
Love, your grandbabies, Madison, Abby, & Lochlan"**

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## MEN'S HEALTH WEEK

June 11th - 17th the world will celebrate **Men's Health Week**. This is a time to bring awareness to health issues that affect men disproportionately and focuses on getting men to become aware of problems they may have or could develop, and to gain the courage to do something about it. This year the focus will be on diabetes in men. This is a disease that becomes present in men much more than women, and can develop complications in male bodies at a higher rate than in females. This means men are more likely to have to have amputations and in the worst cases, die in higher numbers than women. While much work has been done in the diagnosis and fight against diabetes, awareness is the most important thing. The more people are aware of it, the more likely they are to make healthy changes and stop or delay the onset of diabetes. At our July 28th Louisville meeting, we will be having a presentation given by a diabetes educator & pharmacist. This will be a perfect opportunity to come and learn more about diabetes: its causes, symptoms, and treatments. She will also discuss lifestyle changes that we can make to prevent or lessen the effects of diabetes.

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– by Belinda

Our Q&A section is provided so that our readers can submit a "Q" and then I, in turn, ask some of the members of the group for a response. From time to time, I also do some research from various informational sources so I can better respond to the submitted question. I am not trying to provide medical advice, but just trying to help amputees who are in search of some answers. As always, I encourage you to talk to your family doctor, specialist, or prosthetist about your concerns. **Do not be afraid to ask them questions!**

In the April issue, an overview was given of some of the parts or components that make up prostheses. In May, different types of prosthetic feet were discussed. Now we will talk about the other parts of prostheses for a lower limb amputee. These are the pylon, the socket, and depending upon your level of limb loss, a knee and a hip component may be needed.

The internal frame, or skeleton, of a prosthetic limb is called the pylon. It has traditionally been formed of a metal rod, as it must



provide structural support. Recently, however, the pylons have been formed from lighter carbon-fiber composites. Sometimes the pylons are enclosed by a cover, which typically is made from a foam-like material. This cover can be shaped and colored to match the skin tone of the recipient, to make the prosthetic limb look more lifelike. The socket is the part of the prosthesis into which the residual limb (stump) fits. For most amputees the process of getting their first prosthesis begins with measurements being taken and a plaster mold (cast) being made of the residual limb. The prosthetist uses this mold to fabricate a check (test) socket. Some prosthetists use a computer-assisted scanner instead of the plaster mold. The check socket is made of transparent material so the prosthetist can see through it and evaluate how it fits your residual limb. It should fit tight enough to support your weight and give you control of the prosthesis, but not so tight that it is uncomfortable or pinches your skin. Once the prosthetist feels that the proper fit has been achieved, the temporary (initial) socket is fabricated. This socket is worn until the size of your residual limb stops fluctuating due to the swelling following amputation surgery. At this point, another plaster mold is made (or another scan) and a 2nd check socket. From there, the definitive or permanent prosthesis is made.

New technology has allowed for the development of what are called socket-less sockets and adjustable sockets. If you are thinking about getting a new prosthesis, you may want to talk to your prosthetist and do some research on these newer types of sockets to see if they may be beneficial to you.

Next month, we will continue our discussion with information about the different types of prosthetic knee and hip components that are available.

References: First Step, a publication from the Amputee Coalition, amputee-coalition.org



LET'S GET MOVING!

– by Belinda

Spring is here and summer is rapidly approaching. Although with the hot humid weather we have been experiencing, it feels as though summer has already arrived! It's time to get out of the house and get moving. You don't have to begin running marathons to improve your overall health. I am a firm believer in *any exercise is better than no exercise*. It doesn't take a whole lot to start seeing some improvements in how you feel both physically and mentally. Going outdoors can provide us relief from stress and lighten our mood. Just the change of scenery alone can lift one's spirit. You don't have to venture far. Take a short walk or roll around your neighborhood. Purchase an inexpensive ring



toss or corn hole game and challenge a family member or neighbor. If you have always loved to garden or are considering a new hobby, plant some flowers in pots or hanging baskets. With only a few pots, you can plant everything you need for a summer salad. Tomatoes, lettuce, green onions, patio cucumbers, bell peppers, and many other vegetables do great in container gardens. Plus, having a small garden will give you a reason to go outside. It's also a wonderful way to spend time with our children and grandchildren.

One of my favorite activities is going for a walk in the woods. The sights, the sounds, and the smell of fresh air do wonders for my soul. Many state and community parks in our area have handicapped accessible paths which are either blacktopped or have sidewalks. Most parks rate their trails as easy, moderate, or rugged. I used to go on a lot of the rugged trails but now am very happy just going on the easy and sometimes moderate ones. My goals have changed with age and health issues. In the past, I would hike mostly for the strenuous exercise. Now, I do still try to walk briskly enough to get my heart rate up, but I also stop more often to enjoy the beauty around me. In doing so, I see things that I would have missed before. My husband Shelton and I have been hiking a few times this spring at Spring Mill State Park in Mitchell, IN. It's a favorite of ours. We especially love to go in the spring to see all the wild flowers in bloom. It gives you a

feeling of renewed energy and hope to see the beauty of the forest coming alive again after being dormant during the cold winter months. You don't have to travel that far, though, to see the beauty of nature. Sometimes it's waiting for you in your own back yard. So, come on everybody, get outdoors and *let's get moving!*



I will be sharing other ideas for fun and exercise outdoors during the summer months. If you would like to share some things that you enjoy doing outdoors this time of year, please contact me, and we will include them in upcoming issues of the newsletter.

For further info on state and community parks:

Indiana State Parks: <https://www.in.gov/dnr/parklake/>

Kentucky State Parks: <http://parks.ky.gov/>

Metro Louisville Parks:

<https://louisvilleky.gov/government/parks>

Parklands of Floyds Fork: <https://www.theparklands.org/>

Clarksville IN Parks: <http://www.clarksvilleparks.com/>

Jeffersonville IN Parks:

<https://jeffparks.org/parks-and-facilities/>

New Albany IN Parks:

<https://cityofnewalbany.com/residents/parks-a-recreation/>

Floyd County IN Parks: <http://www.floydcountyparks.org/>



KATE'S KITCHEN

Philly Cheesesteak Foil Packs

Here's a delicious steak recipe to prepare on the grill for Father's Day.

Ingredients:

1 lb. flank steak, thinly sliced
2 bell peppers, thinly sliced
1/2 onion, thinly sliced
2 cloves garlic, minced
2 Tbsp. Italian seasoning
2 Tbsp. extra-virgin olive oil
Kosher salt
Freshly ground black pepper
4 slices provolone
Chopped fresh parsley, for garnish

Directions:

Heat grill to medium-high. In a large bowl, toss together steak, peppers, onion, garlic, Italian seasoning, olive oil, and season with salt and pepper.
Place steak mixture in foil packs. Fold up packs and grill, 10 minutes.
Open packs, top with provolone, and cover grill to melt, 2 minutes.
Garnish with parsley and serve.



Congrats to the team FROM Hanger Clinic

We want to congratulate the team from Hanger Clinic for their performance at the Kentucky Derby Festival Bed Race. Group members Billy Parker and Kelly Reitz were part of the team, Billy served as the driver and Kelly was one of the bed pushers. We are proud of you!!



UPCOMING EVENTS

MEETINGS:

June 6th, Wed., from 6:30 - 8:00 pm at Harrison County Hospital, 1141 Hospital Dr. N.W., Corydon, IN, in the Baumgart room (in the basement near the cafeteria). There will be a special presentation on pain management at this meeting. You are encouraged to attend to find out about new alternatives for relief of both residual limb pain and phantom pain.

June 18th, Mon., from 6:30 - 8:00 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the cafeteria. This will be an open discussion meeting with special information on living with phantom limb pain and also on men's health.

June 23rd, Sat., from 2:00-4:00 pm at Norton Brownsboro Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in Community Room 301B. A nutritionist will be on hand to give us tips on good nutrition and simple changes that we can make to lead a healthier lifestyle.

EVENTS:

June 30th, Sat. from 11:00 am - 1:00 pm Kenney Orthopedics will be hosting a bowling event at Main Event, 12500 Sycamore Station Place, Louisville, KY. It is free to amputees and each amputee may bring one guest at no charge. Bowling and lunch will be provided. Additional family or friends may attend but will have to pay for bowling and food. More information will be posted on our website and Facebook pages as it becomes available. We will have flyers at our June meetings. We will also have a sign-up sheet at those meetings. If you would like to attend and can't make it to one of our June meetings, please contact Belinda to register for the event. Even if you don't want to bowl, it will be a fun time to socialize and make new friends. (Please see **CONTACT INFO** in this newsletter.)



Our Pie & Ice Cream Social will be held in July. An announcement will be made in our July newsletter giving details and telling about our very special guest for that event. We will also be emailing flyers soon, and it will be posted on our website and Facebook pages. You won't want to miss it!!

Moving Forward's website is ampmovingforward.com and you can find both of our Facebook pages by searching under Moving Forward Limb Loss Support.

The Amputee Coalition's National Conference is being held July 12 - 14th in Tucson, AZ. For more information visit their website at: <https://www.amputee-coalition.org/events-programs/national-conference/>



Krafty Kids by Katie

Coupon Book for Dad for Father's Day!

What you need:

Paper cut in same size rectangles
Hole punch
Yarn or ribbon

On each page write out a coupon for Dad. Some examples: "free hug", "dad's choice", "help with yard work". They can be for anything you want!

Leave room to the left to punch holes.

After you've written your coupons, don't forget to do a title page saying something like "Coupons for Dad!" and put this on top of your pile.

Punch two holes on the left side of the coupons & title page, one above the other.

Lace yarn or ribbon through the holes and tie.

Your coupon book is done!



FUN WITH WORD SCRAMBLES

Unscramble these words and then use the letters in parentheses to finish the sentence. Just a little hint, the words are things we enjoy doing with dad. Have fun! You can find the answers on Pg. 6.

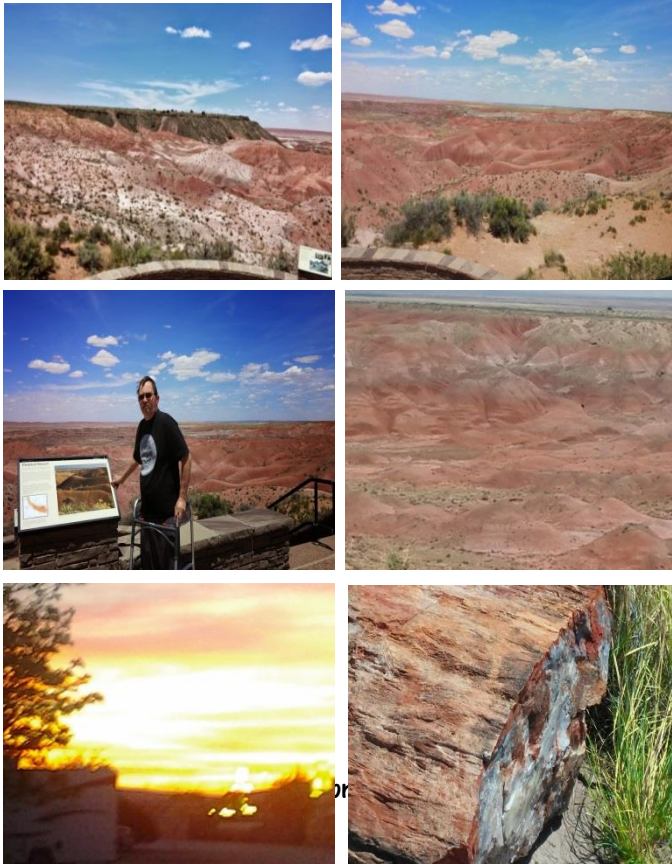
GFIHNIS () _____
RDAC EGMSA () _____
NHGGALUI () _____
ESBBURAEC () _____
RNGAINDGE () _____
DCNNGIA () _____

MY FATHER, MY HERO, MY _____





If you have any pictures that you would like to share with our readers of your summer vacation or just any fun thing that you do this summer, please send them to Belinda or Julie. We would love to include them! This month's pictures were submitted by group member Paul Weber from a trip to the Petrified Forest and the Painted Desert in AZ that he took a few years ago.



Thanks for sharing, Paul. The pictures are beautiful!!

FUN WITH WORD SCRAMBLES ANSWERS

(from Page 5)

FISHING, CARD GAMES, LAUGHING,
BARBECUES, GARDENING, DANCING

MY FATHER, MY HERO, MY FRIEND



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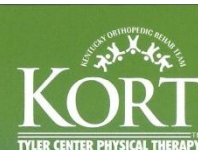
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