



NEWSLETTER ♦ 23rd Edition ♦ July 2015

MOVING FORWARD

FEATURE

HAVING FUN AGAIN – *by Belinda*

Following the loss of a limb/limbs the thought of being able to have fun or enjoy life again may seem like an unobtainable dream. For most of us, I think that much of our energy during those first few months is dedicated to just being able to survive and recover both physically and emotionally. For some, depending on other health factors and circumstances, those months may stretch into a year or more.

At some point, though, most, if not all amputees, reach a point where they are ready and feel the need to get back to some sort of normalcy again and part of that normalcy includes hobbies and recreational activities. Taking part in these activities can play a huge part in continuing the healing process. The sad truth is that for many amputees, once their initial physical therapy is over, they become sedentary, which leads to weight gain, loss of muscle mass, and depression. Getting back to the hobbies and recreational activities that we once enjoyed or finding new ones can help to prevent these things from happening. This is where a support group such as *MOVING FORWARD*, a recreational center such as the YMCA, or a community or senior center can offer much needed opportunities and resources.

Our group offers many events in which to encourage amputees and their family members or caregivers to take part. We have had numerous family picnics, gone fishing, bowling, to baseball games, on a Belle Cruise, attended parades, gone to various restaurants, have had holiday parties, and many other activities. The purpose of offering these events is to encourage amputees to get out and start enjoying life once again. Many times it is more comfortable to try some of these activities as a group rather than going it alone. We encourage you to come to one of our events and give it a try. We support and learn from each other. We also laugh and have a great time!! Some comments that I have heard from amputees who have attended our events are:

"This is the first time that I have laughed since losing my limb, and it really felt good to laugh again."

"It feels nice just to be a part of something again."

"This group makes me feel like I am loved and accepted."

"I have done more since joining this group than I did before I lost my leg."

Our life isn't over after losing a limb. It is just a new chapter in it, and it is up to us to find ways to fill the pages of our life's book with happiness and fulfillment.

I asked several members of *MOVING FORWARD* how they were planning to enjoy the summer months and would like to share with you some of their responses.

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AMPUTEE COALITION ADVICE

inMotion · Volume 21 · Issue 1 · January/February 2011

TIPS FOR ENHANCING YOUR SUCCESS AS A USER OF A LOWER-LIMB PROSTHESIS

– *by John Peter Seaman, CP, CTP*

Even for the most experienced wearers of lower-limb prostheses, using a prosthesis can result in daily inconveniences, if not worse. So what can recent amputees do to enhance their experience after being fitted with a prosthesis? First, accept that successful prosthesis use involves a 50/50 effort between the amputee and his or her prosthetist. Second, amputees need to understand that their prosthetist, in most cases, is not a miracle worker. In simplest terms, the prosthetist's role is to assess the amputee's physical potential, select appropriate prosthetic componentry, and provide a tool, in the form of a prosthesis, for the amputee to use to achieve his or her desired ADL's (activities of daily living). Once this is accomplished, it is up to the amputee to do the many things necessary to maximize the benefits offered by a comfortably fitting and properly functioning prosthesis.

Listed below are 10 of the more important things you can do as an amputee to help ensure that your experience as a prosthesis user is maximized.

1. Be compliant – Properly clean the inside of your liners after wearing them, examine your residual limb each day to be sure you don't have any issues that need to be addressed (skin breakdown) and, when needed, wear prosthetic socks to enhance your socket fit. You might also want to wear a shrinker while you sleep to help shape your residual limb and reduce swelling overnight, especially if you are a recent amputee.

2. Don't procrastinate – If you have an issue with socket fit, comfort or prosthetic function, schedule an appointment to see your prosthetist right away. Don't let what seems like a small issue grow into a major one, especially if you have diabetes and have skin breakdown that could become infected or your prosthesis is not functioning in a safe manner.

3. Establish personal goals – Set some goals involving physical activities that gradually increase your prosthesis use as time goes by. Don't be satisfied with today's level of activity. Constantly stretch yourself and strive to achieve more each day while being safe.

4. Wear and, more importantly, use your prosthesis everyday – As a new amputee, you may wonder how long you should wear your prosthesis each day. A standard answer would be, "As much as possible." If your prosthesis fits comfortably, you should be able to put it on in the morning and wear it until you go to bed at night. Also, by wearing it all day, you will be

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HAVING FUN AGAIN (cont'd)



From Mike: "My family and I are going to Disney World, and on the way, I am going deep sea fishing." Kelly's summer plans include gardening, taking Grant & Abby to Holiday world, and a trip to Myrtle Beach. Albert is going to continue his painting and enjoys summer picnics and festivals. Julie plans to go to yard sales and flea markets and to enjoy summer treats like ice cream. Philip's summer plans include riding his bike, swimming, and boating.

For me, being a grandmother, a lot of my summer activities revolve around my grandsons, Carter & Deklan. I have been attending lots of baseball games. Water play days are very popular at my house. I



get out the slip & slide and a big plastic pool and enjoy watching the boys and some neighborhood children play and squeal with laughter. For some reason, though, I do always end up getting wet. :) I also enjoy working in my flower beds, riding my bicycle, playing baseball with the kids, and going for walks with my husband.

There are many wonderful opportunities in our area for summer fun. We have numerous water and amusements parks, museums, state parks, the zoo, Louisville Bats baseball, festivals, county fairs, church picnics, art shows, and more. I hope that this article helps to give you some ideas of ways to enjoy the summer months, and we would love to see you at our Pie & Ice Cream Social (look for details in the UPCOMING EVENTS section) ...

Have a great summer !!!



TEST YOUR KNOWLEDGE



Unscramble these words and then use the letters in parentheses to finish the sentence. You can find the answer in the middle of PAGE 7.

- NSHIIFG ____ () _____
- TNSENI __ () _____
- RGNEDNAGI __ () _____
- WMGISMNI () _____
- SLBFAOLT __ () _____
- CCNIIP _____ () ____

THESE ARE ALL FUN OUTDOOR ACTIVITIES DURING THE SUMMER _____.



QUOTE OF THE MONTH

"In all of living, have much fun and laughter.
Life is to be enjoyed, not just endured."

- Gordon B. Hinckley



TIPS FOR ENHANCING YOUR SUCCESS AS A USER OF A LOWER-LIMB PROSTHESIS (cont'd)

more inclined to use it more regularly. Your prosthesis will not do you any good if it is sitting in a closet collecting dust.

5. Become experimental – As an amputee, you will have to learn how to successfully use a prosthesis, and, yes, it requires work on your part. Your residual limb will not fit in the prosthetic socket the same way each day or even throughout the day. You need to be sensitive to what you are feeling in the socket and learn what you can do to effect positive changes in your socket fit, like adding or taking away full-length or partial-length prosthetic socks or removing and redonning a liner that has slipped due to a build-up of perspiration.

6. Exercise regularly – As a new lower-limb amputee, you have lost some musculature in your affected leg, so you have fewer muscles to use when standing, walking or running. You'll need to strengthen those remaining muscles to stand in a stable manner and walk with an efficient gait. This will take several weeks or months and require a lot of effort. Working with a physical therapist soon after your initial prosthetic fitting to shorten the learning process is highly recommended.



7. Control your diet – As a lower-limb amputee, in many cases, you will initially be less active than you were prior to your amputation. Such a sedentary lifestyle will often result in your gaining weight. It is important to understand this and to adjust your nutritional intake to match your activity level so that you do not gain appreciable amounts of weight during this period of transition. If your weight fluctuates significantly after being fitted with a prosthesis, intimate socket fit can be compromised.

8. Accept and embrace your situation – Everyone deals with amputation in his or her own way, some more smoothly than others. The sooner you can come to grips with the fact that you're an amputee and that your life has not ended, the better. Most lower-limb amputees are able to return to very full lifestyles after they become accustomed to using a prosthesis and understand that being a successful prosthesis user can be as dependent on dealing successfully with mental adjustments as physical ones.

9. Strive for independence – Immediately after your amputation, it is normal to seek out and receive assistance from family members or friends to help you during this transition. However, at some point, the sooner the better, you should strive to become as independent again as possible. With a comfortably fitting and properly functioning prosthesis, you should be able to do many, if not all, of the things you did before becoming an amputee.

10. Focus on the future – Few, if any, amputees are thrilled with having become amputees and having to rely on a prosthesis to live their normal lives. Those who do well accept their situation and make a conscious decision to not let it get in the way of living life to the fullest. Don't be misled, however; not every day as an amputee will be a walk in the park. Often, you'll need to exhibit an immense amount of patience and perseverance. However, if you focus on the positives in life versus dwelling on the negatives, with sincere effort and determination, you should be able to live a long, fulfilling life as a prosthesis user.

Please forward any questions or comments to the author atjpseaman@aol.com.



SPOTLIGHT *- by Belinda*

The spotlight this month is shining on a very special lady, Colleen Hester. Colleen is the mother of our youngest member, Reid. I have often heard it said that "the eyes are the window to the soul" and I have never met anyone for whom this is more true than Colleen. I have seen in her eyes worry and sadness during times when Reid was struggling with his prosthesis, and I have also seen in them pride and absolute joy when she sees him running, laughing, and playing. Usually, I take the answers to my interview questions and turn them into more of a story, but this time I decided to leave them in the question and answer format. Her answers are so heartfelt and her advice to parents of children with limb loss will be a great asset to them. I know that you will enjoy getting to know Colleen and her family a little better.....



Spouse's name?

Tony Hester

Names and ages of children?

Patrick: 8, Reid: 6

Have you always lived in the Louisville area?

We lived in Lexington, KY, for 6 years and moved back to Louisville 4 years ago. Tony grew up in Lexington, and I spent most of my childhood in Louisville, although my family lived overseas for several years.

Where did you attend college?

Both Tony and I attended Western Kentucky University. I attended the University of Louisville for graduate school.

What is your occupation?

I am a pharmaceutical representative in the neurology market. I promote products for Epilepsy and Parkinson's Disease.

Would you tell us a little about Reid's accident and the progress that he has made as far as adapting to his limb loss?

Reid was in a lawnmower accident in May 2012, and his left foot was amputated as a result of the injury. He underwent 5 subsequent surgeries and now functions normally. He participates in all mainstream athletics and has adjusted very well to his limb loss. It is just a part of Reid, but it does not define him, nor does it stop him from doing anything he wants to do.

Would you talk about how important it is for the parents to become an advocate for their child with limb loss?

We are their voices, their leaders, and their protectors. It is up to us, as parents, to be relentless in our pursuit for the best care, fit, and function for our children. It is up to us to inform ourselves about limb care, new technology, and the ever changing healthcare industry/economy.

Now for some motherly advice – how have you helped Patrick from feeling left out when you have had to devote so much extra attention to Reid's care? (Believe me I understand sibling rivalry)

Patrick was there for Reid's accident. He feels deeply protective of Reid and watches out for him above and beyond what most siblings would do. He understands and has been an integral part in making Reid feel just like any other boy or brother. We include him in as many of Reid's amputee activities as we can, and he attends many of Reid's prosthetic fittings. Patrick is Reid's best friend.

Reid is very active in sports. What have been some of the challenges there, if any?

We allow Reid to participate in any sport he chooses. Some are easier for him to compete in with his peers, and some are more difficult. Reid is very self-motivated and competitive, and he gives it his all every time he plays. We have encountered a few challenges in sports, such as making sure he has a



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RECAP OF JUNE

WOW!!! What a busy and exciting month for *MOVING FORWARD*. On June 5th - 7th, the 2015 Amputee Golf Tournament Championship was held at the Shelbyville Country Club with the proceeds being donated to the Henry Brown Memorial Educational Scholarship Program. Amputee golfers from around the country took part in the 3-day event. On Friday a sponsor / amputee golf scramble was held and group members, Brittany Bley and Belinda Jacobi, volunteered at the event. It was such an inspiration seeing these individuals play golf and getting to meet and talk with them and to hear their stories. We would like to thank tournament director, Sienna Newman, from Kentucky Prosthetics for inviting us to participate.



Saturday, June 13th, Kenney



Orthopedics sponsored an Amputee Walking School at Cardinal Hill Rehab in Lexington, KY. The instructors were Dennis Oehler and Todd Schaffhauser, who are both past gold medalists in the Paralympic Games. Attendees learned strengthening exercises to improve their mobility. That evening a Military Appreciation Night, which was also sponsored by Kenney Orthopedics, was held at the Lexington Legend's baseball complex. The evening started with a Wounded Warrior Amputee / Celebrity Softball game. Our youngest group member, Reid Hester, threw out the first pitch to the delight of all the fans. It was a very memorable occasion, and we thank them for inviting us to attend.



Our IN meeting was held on Mon., June 15th. We welcomed a new member, Jerry Solomon, to the group. We talked about the many struggles that each of us faced following limb loss, and the need to try to keep a positive attitude in order to recover both physically and emotionally. A presentation was given on Men's Health and everyone in attendance received brochures on men's health topics provided by the Men's Health Network.

Kelly and Belinda were invited to give a presentation to occupational therapy students at Brown Mackie College on Wed., June 17th. They shared with the class their personal stories of living with limb loss, and talked about other topics such as physical and occupational therapy, the emotional recovery process, the Ertl Procedure, K-levels, and the different types of prosthetic devices. *MOVING FORWARD* welcomes any opportunity to help educate and inform students about the needs of amputees. The students were very attentive and enthusiastic. We would like to thank class instructor, Twilla Parr, for asking us to come.

The KY meeting took place on June 27th. Ashley Curth and her mother Terry joined our group, and we look forward to getting to know them. An open discussion was held on many topics including how the public perception of those with limb loss has changed, self-acceptance and body image, phantom pain and sensations, and skin conditions caused by prosthetic use. Several announcements were made about upcoming events and speakers for future meetings.

Following the monthly meeting, *MOVING FORWARD* held its Annual Business Meeting and Election of Officers. Belinda provided each member with a financial statement showing the group's income and expenses. After going over the financial

- Continued on Page 4 Column 2 -

SPOTLIGHT (cont'd)

prosthesis that will give him the best edge in his athletics and managing any frustrations he has if he perceives that he is not able to run as fast as he would like. We do not inform his coaches or teammates of his limb loss (we do not want him to be treated any differently, whether positive or negative), and most do not even notice.

Are there any resources that you have found for children with limb loss or their parents that has been helpful to you?

Our greatest resources have been our amputee support group and our prosthetic group. I encourage any parent of an amputee, or amputee themselves, to find the prosthetist and prosthetic group where they feel most comfortable. They should be your partner through every step of the journey.

How has being a member of a support group helped?

The support group has given us a sounding board for questions and a place to feel included and not alone.

Being a caregiver can be very challenging, do you have any advice for other parents or caregivers?

My advice is to embrace your role and come to peace with your new normal. Life does not often go the way we plan, but what inspiration and strength can come from the diversion. Be relentless in pursuit of the best care for your loved one – they depend on you.

When you do get some time for yourself, what do you enjoy doing?

I love to run and exercise, and read. I am a lifelong runner and exerciser, and it keeps me healthy and well rounded. Reading is my relaxation and escape from the daily stresses of life.



Our July newsletter is featuring "Summer Fun", so what type of activities does your family enjoy during the summer months?

We enjoy most all summer activities; swimming, hiking, bike riding, time at the beach and the lake with friends, and just playing out in the yard with our neighbors.



Anything else that you or anyone in your family would like to share?

Reid lives a normal life because our family expects nothing less. We will do whatever it takes to ensure Reid has the best opportunities to achieve his dreams, and we will be the biggest fans in his corner.



Krafty Kids



BANDAGE LIGHTNING BUGS

This is a fun summer craft to do with your children or grandchildren. Later that night, you can grab a jar, poke some holes in the lid, and catch the real thing. It will bring back childhood memories for you while making new memories with the children.

You will need a sheet of black construction paper, 2 yellow bandages for the wings and one of another color for the body, 2 googly eyes for each bug, a yellow and a white crayon, and glue. Start by drawing your night scene on the construction paper. Stick the bandage on the paper that you are using for the body and then crisscross the other 2 bandages to make the wings. Use the yellow crayon to make antennae on the bugs and then glue on the eyes. Let dry. What a cute creation!!



RECAP OF JUNE (cont'd)

statement, the election of officers was held. The newly elected officers are as follows:

- President – Belinda Jacobi
- Vice-President – Kelly Reitz
- Secretary – Mary Jo Kolb
- Treasurer – Julie Randolph
- Board Member-At-Large – Mike Portman

Please feel free to contact any of the officers with your ideas or concerns for the group. We look forward to continuing to grow and reaching out to more amputees, their family members, and caregivers during the coming year and providing them with emotional support, motivation, and information.



Q & A

– by Belinda

Yeah, summer is here!!!!!!! Boo, here comes all the extra sweating!!!! One question that I am asked constantly is, "Why do I sweat so much more, and what can I do about it?" Sometimes, dealing with the sweating makes us long for the winter months. I did some research and come up with the following answers as to why we, as amputees, sweat more. One of the primary reasons is that the amputee uses more energy to carry out activities. For example, walking with an artificial leg requires more effort and the remaining limb also has to work harder. Using more energy creates more heat in the body, which the body must release as perspiration. Another reason the amputee perspires more is due to the loss of skin surface on the body. The skin helps control body temperature as it is through the skin that perspiration is released, allowing the air to dry it and cool the body. When a person has an amputation, he/she has less skin surface and, therefore, the remaining skin surface makes up for the lost skin surface by perspiring more. We must also remember that our residual limbs were not designed to be enclosed in the socket of an artificial limb all day long. When the stump is enclosed in the socket, air cannot reach it to evaporate perspiration from its skin's surface as it was meant to do. That is why perspiration builds up inside the prosthetic sockets of most amputees.

Problems with perspiration become a bigger issue for amputees with high level amputations or with multiple amputations. Amputees with high level amputations or with two or more amputations naturally use more energy to carry out tasks and thus create more heat in the body that is then released as perspiration. Because of their amputations, they also have much less skin surface through which to dissipate the perspiration.

Now that we know why we are sweating more, what can we do about it? We are including this article from InMotion magazine to address some possible remedies. I, personally have tried almost every antiperspirant on the market to no avail. The only relief that has worked for me is wearing the Silver Sheath sock under my liner. It absorbs much of the excess sweat. I have had other people tell me, though, that they didn't like the feel of it. In the following article, it mentions Botox injections. I have heard that some people have had success with that, but it is very costly (especially if it is not covered by your insurance). I can see why some would want to try it, especially if they have jobs that require them to work outdoors during the summer or if they play outdoor sports. As always, if you are having any problems with your prosthesis or health issues caused by wearing it, talk to your prosthetist, physical therapist, or physician.

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LET'S GET MOVING! - by Belinda

During the summer months, we will be featuring activities in this section. Swimming is a wonderful way to get exercise and spend time with family and friends. Most public pools now are equipped with lifts to help people with disabilities to transfer in and out of the water. Many local pools are zero entry, which means that there are no ladders to climb up or down, you can just walk right into the pool and it gradually gets deeper. Some prostheses allow you to wear them in the water. I have a LimbLogic suspension system on my prosthetic leg and can wear it in a pool. There are also prosthetic legs which are called 'water legs' that can be worn while swimming or bathing. If you are a serious swimmer, there are even special attachments such as flippers that can be added to your prosthesis. Some members of the group are members of their local YMCA's and swim frequently, while others, like me, just want to be able to go with the kids or grandkids and spend an occasional afternoon playing in the water. We have included an article from the Amputee Coalition which talks about some of the many benefits of aquatic exercise. So come on everyone . . . LET'S GET MOVING!!

inMotion · Volume 18 · Issue 6 · September/October 2008

AQUATIC THERAPY IS SERIOUS FUN

- by Elan Young

For some amputees, getting in the water is the single most important part of their rehabilitation and recovery. A warm pool can offer soothing relief from aches and pains as well as an increased sense of balance. It can offer a chance to exercise freely without the burden of prosthetic limbs, and it can bring people together for meaningful social interaction. Those who have tried it swear by it, and physical therapists who use it in their programs have seen amazing results from a range of individuals with disabilities - especially amputees. Regaining the sense of movement can be a defining moment in the recovery process. When an amputee first slides into the water after an amputation during the recovery phase, he or she may experience water in wholly new and satisfying ways. Melissa Lewis, MPT, ATRIC, was the recent director of the aquatic therapy section of the physical therapy department at Walter Reed Army Medical Center, where she worked with many amputees. Her passion for aquatic therapy comes from its many known benefits, including the ones she discusses in her presentations about aquatic therapy for the amputee population, listed below.

Circulatory System. After the patient's wounds have healed and before prosthetic rehab, amputees can still get intense cardiovascular workouts with aqua therapy.

Pulmonary System. The water's hydrostatic pressure helps improve respiratory function without overtaxing the body. The water also allows the patient to become vertical without bearing weight on the residual limb, which is important to improving pulmonary function.

Musculoskeletal System. Increasing one's strength before prosthetic training will help the amputee transition to weight-bearing activities on land. Early gait training activities can also be initiated in the pool before similar land-based activities. Individuals can obtain greater range of motion in knee and hip joints, which can stiffen from prolonged periods of time sitting in a wheelchair.

Central and Peripheral Nervous Systems. Warm water relaxes the body, allowing the patients to decrease focus on the stressors of everyday life. For amputees with significant pain, aquatic therapy is often more tolerable than land-based therapy. The warm water decreases pain perception, allowing amputees to perform more exercises in the water with less pain than the equivalent land-based exercises.

Mental Benefits. Being in the water leads to a change in mood. The amputee's ability to move more freely in the water

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How to Deal With SWEATING If You Use a Prosthesis

- by Pete Seaman, CP, CTP

If you use a prosthesis, you're probably also applying some type of liner over your residual limb before putting it into your socket. Wearing a gel liner for a few hours, let alone an entire day, can cause your residual limb to sweat, especially during the summer months. Due to the nature of their construction, gel liners do not "breathe," and they tend to keep your limb warm and moist. Excessive moisture can cause issues with the health of your residual limb and potentially your safety, if not properly managed, as your prosthetic suspension may become compromised.

So what can you do to lessen the degree to which your limb sweats or to manage the build-up of sweat inside your liner? There are four basic options:

- Remove and dry the inside of your liner
- Wear a type of stocking under your liner to help absorb perspiration
- Apply an extra-strength antiperspirant to your limb
- Undergo targeted low-dose Botox injections in your residual limb

Sweat Removal

On warm days or days when you are active and perspiring more than usual, you may occasionally need to find the time and place where you can remove your prosthesis and liner. After wiping your residual limb and the inside of your liner dry with a towel, you can put your dry liner and prosthesis back on and get on with what you were doing. Negatives: This is only a temporary remedy, and it is an inconvenient process to have to go through, but if you plan ahead and dress appropriately, it should not take more than a few minutes to accomplish.

Wear Stockings Under Your Liner

Multiple companies manufacture "specialized" stockings that can be worn under your liner to help absorb some or all of the sweat that builds up. These socks can be pulled onto your dry residual limb before donning your liner and prosthesis. They need to fit so that they are not loose on your limb and they need to be the proper length. Some amputees wear socks shorter than their liners so that some of their residual limb is still in direct contact with the inside of the liner. Others wear the sock long enough so it can be rolled down over the outside of the liner to act as a wick and to help hold it in place. Negatives: The presence of a sock between your residual limb and the inside of the liner can reduce the adhesion of the liner to your residual limb, thus compromising prosthetic suspension, which can be hazardous.

Apply Extra-Strength Antiperspirant

There are several types of antiperspirant products available that can be applied directly to your residual limb, from natural crystal alum to other over-the-counter roll-on or spray products. It is sometimes recommended that these products be applied in the evening so that they have time to absorb into your skin. Negatives: These products may not work for everyone and you might develop some skin irritation by using them, but it never hurts to try, after consulting your physician.

Low-Dose Botox Injections

This alternative should be considered as a last resort to the three non-invasive options listed above. Botox injections, if deemed appropriate, are administered by a qualified physician. You would need to determine if these types of injections would be covered by your medical insurance provider. Negatives: As with the antiperspirant applications, there is no guarantee that these injections directly into your residual limb will be effective. You could also incur significant out-of-pocket expenditures if they are not covered by your insurer. However, if you have a serious sweating problem and

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AQUATIC THERAPY IS SERIOUS FUN (cont'd)

and participate in the same activities as other patients allows for a feeling of normalcy. The social aspect of being in the pool also improves mood.

After a while, the benefits of aquatic therapy overlap. By engaging in cardiovascular exercise, for example, weight loss becomes more easily achieved. Increasing one's strength can lead to improvements in balance and gait. Water therapy might also lead to the enjoyment of adaptive water sports. Adaptive kayaking and scuba diving, for instance, can lead patients to experience new activities that they might not otherwise try, either with their families and friends or with others in the adaptive sports community. If used in association with therapy, it can allow the patient to recover more quickly and effectively.



Jason Wening is a wiry athlete with a passion for getting amputees back in the water. He's a bilateral below-knee amputee and a three-time Paralympian who holds five gold medals and one bronze, as well as world records in the 800-meter and 1,500-meter freestyles.

In addition to his work as a certified prosthetist and clinical research director for an orthotic and prosthetic practice, he also serves as the swimming director for the Orthotic & Prosthetic Assistance Fund (OPAF) and sees many new amputees who are seeking aquatic therapy and recreation. "The public display of limb loss is one of the most challenging aspects of amputees returning to the water," says Wening. "Other challenges include getting into and out of the water and navigating the pool deck without a prosthesis in a respectable fashion without attracting a lot of public attention."

Wening encourages amputees to take an active role in figuring out solutions to these problems so that they can still enjoy the benefits of aquatic activities. The First Swim™ participants he works with have taught him that water comfort is key to being able to enjoy recreational aquatics. "When a person is uncomfortable and nervous, their body tightens up, making it more difficult to float and adapt to the subtle movements of the water around them," he says. His final advice is practical: "Relax, practice putting the face under water and breathing out the nose while holding onto the wall. If water accidentally gets in the mouth, just spit it out."

Fortunately, many tools and techniques are available to amputees and aquatic therapists. Complete non-weight-bearing activities can be performed in deep water with the aid of flotation devices such as kickboards, and therapists can help individuals who don't know how to swim by using flotation belts.

For the amputee who is comfortable going to a neighborhood pool, caution and safety is always advised. Slips and falls happen more easily when people hop on one leg, for instance. And even if you are comfortable in the water, always swim with a lifeguard present!

Related Resources

Aquatic Therapy and Rehab Institute –

<http://www.atri.org>

International Council for Aquatic Therapy and Rehabilitation Industry Certification –

<http://www.icatric.org>

Orthotic & Prosthetic Assistance Fund –

<http://www.opfund.org>

USA Swimming – <http://www.usaswimming.org>

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## How to Deal With SWEATING If You Use a Prosthesis (cont'd)

no other options have helped, this is one you might want to investigate.

As a prosthesis user, at some point, you will most likely have to deal with an excessively sweaty residual limb. Understand that you have some options and you should be willing to experiment to see if any of the ones outlined above work for you.

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... from Beverly's Kitchen



Beverly is taking some time off this month to settle into her new home, so in honor of our upcoming Pie & Ice Cream Social we are including this delicious pie recipe from Taste of Home.

TOTAL TIME: Prep: 30 min. + chilling

Bake: 55 min. + cooling

YIELD: 8 servings

Ingredients

2-1/2 cups all-purpose flour

1/4 teaspoon salt

1 cup cold butter, cubed

6 – 8 Tablespoons ice water

FILLING:

1 cup sugar

1/4 cup cornstarch

Dash salt

1/3 cup water

1/2 teaspoon ground cinnamon, optional

1 cup fresh blueberries

1 cup fresh raspberries

1 cup halved fresh strawberries

3/4 cup fresh blackberries

1 Tablespoon lemon juice

2 Tablespoons butter

DIRECTIONS

In a large bowl, mix flour & salt; cut in butter until crumbly. Gradually add ice water, tossing with a fork until dough holds together when pressed. Divide dough into two portions so that one is slightly larger than the other. Shape each into a disk; wrap in plastic wrap. Refrigerate 1 hr. or overnight.

For filling, in a large saucepan, whisk sugar, cornstarch, salt, water &, if desired, cinnamon until smooth; add blueberries. Bring to a boil; cook & stir 2 mins. or until thickened. Cool slightly.

Preheat oven to 400°. Gently fold raspberries, strawberries, blackberries & lemon juice into blueberry mixture. On a lightly floured surface, roll out larger portion of dough to a 1/8-in. thick circle; transfer to a 9-in. pie plate. Trim pastry to 1/2 in. beyond rim of plate. Add filling; dot with butter.

Roll remaining dough to a 1/8-in. thick circle; cut into 1/2-in. wide strips. Arrange over filling in a lattice pattern. Trim & seal strips to edge of bottom pastry; flute edge. Bake 10 mins.

Reduce oven setting to 350°; bake 45-50 mins. Or until crust is golden brown & filling is bubbly. Cool on a wire rack.

Nutritional Facts: 1 piece equals 510 calories, 26g fat (16g saturated fat), 68mg cholesterol, 275mg sodium, 66g carbohydrate, 4g fiber, 5g protein

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# UPCOMING EVENTS

## MEETINGS:

July 20th, Monday, 6:30 - 8:00 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, in the Conference Room.

July 25th, Saturday, 2:00 - 4:00 p.m. at Baptist Hospital East in the 2nd Floor Education Center, Room 2B.

We are currently working to get several different guest speakers lined up for upcoming meetings.

## EVENTS:

 **MOVING FORWARD's** 3rd Annual Pie & Ice Cream Social - Sun., July 12th, 2:00 - 5:00 at the Okolona Fire Station, 8501 Preston Hwy., Louisville. Mike will once again be making some of his delicious homemade ice cream.

The theme will be "County Fair" and will include carnival games for both children & adults, an art show, and a talent show featuring members of the group. You are encouraged to attend this fun event & bring your family & friends. Admission is FREE, but if you would like to bring a pie or ice cream topping, it would be appreciated. Parking and the entrance is in the rear of the building. If you have any questions about this event, please contact us.



A group yard sale is being planned for Sept. If you would like to donate any items for the sale, please let us know and pickup of the items can be arranged.

A fall picnic is also being planned, as well as many other events.

Be sure and check out our website at:

**ampmovingforward.com** & our Facebook page:

**Moving Forward Limb Loss Support** to keep up with details of **MOVING FORWARD's** Upcoming Events and Meetings.

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I'm Moving Forward . . .

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



Mike Portman **moving forward** by deep sea fishing off the coast of Daytona Beach.

** If you would like to submit a picture of you **moving forward**, send it to Belinda or Julie. **

** We want to thank the Amputee Coalition for allowing us to use their articles in our newsletter. 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. **

CONTACT INFO



Call for meeting times & locations!

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## TEST YOUR KNOWLEDGE ANSWER (from Page 2)

FISHING, TENNIS, GARDENING, SWIMMING, SOFTBALL, PICNIC

THESE ARE ALL FUN OUTDOOR ACTIVITIES DURING THE SUMMER S E A S O N.

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A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken. ~James Dent



It's a sure sign of summer if the chair gets up when you do. ~Walter Winchell

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