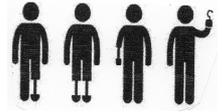


# ***MOVING FORWARD***

## **LIMB LOSS SUPPORT GROUP**

### **NEWSLETTER**

10<sup>th</sup> Edition – June 2014



## ***MOVING FORWARD***

### **FEATURE ARTICLE**

#### **Patience**

– by Sam & Beverly Gaylord

Patience is a virtue. This is what we have always heard. It is so true. After something life changing affects our health, we may not be able to continue to do things like we used to. We may not be able to do things like we want. This is when patience comes in handy. The person that is directly affected by the disability needs patience. We need patience when we are learning new ways of doing things. We are not the only ones that need patience during this time. Others in our lives need patience. Parents, children and husbands, wives and significant others need patience. They need patience with us. There are times that we can get extremely frustrated at life. Some days, we may be angry at life, ourselves, or even God. This can be hard for the other person in our life to handle. Sometimes we can be rude with others. We don't mean to be. But, understanding and coping with our changed life is hard. Significant other, try to be patient. We may not always deserve it. But, we appreciate you and your patience.

Don't let pride get in your way. Be humble. Allow others to help you. Loved ones want to help. We do not want to ask for help or even allow help. But we cannot and should not go through life dealing, coping with life's challenges alone. Our loved ones want to be there for us. They want to be by our side through the good and the bad. We need to allow them. But, we do not need to only allow them in our lives. We need to invite them to be part of our lives, even the tough days.

Sometimes life throws us this curve ball. Due to an extreme crisis with our health, we are forced to take life down a road that was not planned. We cannot let this control our life entirely. Sometimes we need to put everything aside for a day. If we cannot put it aside for an entire day, try an hour. Take your significant other to a movie or to dinner. Not ready for this? How about coffee? Not ready to go out? Have popcorn and movie night at home. Another option could be to sit on your back porch at the end of the day with a glass of wine.

For at least a short time, do not let your time together be consumed with dealing with the new obstacles in your life. The two of you need to be able to relax, smile, and laugh. What I am about to say is easier said than done. We need to let go of our anger

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## **AMPUTEE COALITION ADVICE**

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### **Altered States – Our Body Image, Relationships and Sexuality**

– by Sandra Houston, PhD

**Our body image (the attitudes we have about our body) and our self-perception (our thoughts, feelings and reactions to ourselves) profoundly impact our relationships with others, especially our intimate relationships.**

Though we are taught to be aware of our body shape, size and physical attributes early in life, our body image changes as we go through life and is shaped by our interactions with others, both good and bad.

We are most keenly aware of others' opinions and social feedback during adolescence, and the teen-age years are a time when our physical characteristics play a prominent part in our status. Demands are placed on us to conform in dress, behavior and speech, and teens often become hypersensitive to the verbal and nonverbal cues of others. As a result, this is often an especially stressful and vulnerable time for teens with limb differences.

Teens react to their body difference in various ways. Some withdraw from friends and social events and isolate themselves; others become aggressive and overly competitive. Girls may try to compensate for the missing body part by focusing on other areas, such as wearing more make-up, dressing more seductively, or wearing more jewelry. If not done to extreme, some of these behaviors can be healthful ways of coping. Boys often try to prove their masculinity by engaging in strenuous sports and other competitive activities, sometimes suffering unnecessary injuries as a result. Again, if not taken to the extreme, this can be a healthful coping style. Isolation and withdrawal only delay the adjustment process, often resulting in too much focus on the loss, a secondary "gain" of sympathy, and dependency.

The Hollywood ideal is impossible for most of us to achieve, young and old alike, yet our self-perceptions are shaped and driven by the media, which lead us to want to be thinner, prettier and healthier. Unfortunately, the further we see ourselves from these artificial standards of beauty, the more likely our body image will suffer.

After the loss of a limb, we become even further removed from these ideals. We are forced to deal psychologically with changes in function, sensation and body image. But the more we focus our energy on what's missing – not just the limb but also the things we could do before – the more likely we are to become depressed and angry. In fact, many studies have found that the more negative amputees feel about their body image, the less satisfied they are with their life. It doesn't have to be that way for you, however. Psychological studies have also found that the majority of amputees are well-adjusted and

– Continued on Page 2 Column 2 –

## Patience (cont'd)

and find what may be new things that make us happy. We need to discover life again. We cannot allow new health challenges to steal our happy moments in life. We cannot allow a health crisis to destroy our relationships with the ones that we love.

Remember to say, "Thank you". Remember to say, "I love you". Don't forget to Hug Each Other. Always remember to Always Believe in Yourself. This is extremely important at all times.

### Note from Belinda:

I was asked by a member of our group to use the topic of relationships and how they are affected by limb loss for this month's newsletter. I submitted questions to several members to get a response for the article. Only Sam & Beverly answered my request. I fully understand the reason that I didn't get any other responses. Our relationships are very private to us and it is sometimes hard to open up and talk about them. We had a really good conversation on relationships at the end of our last meeting, but talking openly in front of a few people is a lot easier than opening up to a publication going out to many. I was going to add something about my relationships to the article, but when I received Sam & Beverly's response, I realized that I didn't need to, because it pretty much says it all, and it says it beautifully. So thank you, Sam & Beverly, for sharing it with us.

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## QUOTE OF THE MONTH

"On hugs..." That's what people do who love you. They put their arms around you and love you when you are not so loveable."  
-- Deb Caletti, Author

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## SPOTLIGHT by Belinda

This month our spotlight shines on a very special lady, Lynn Fritsch. As many of you know, a few short months ago, Lynn was told by her physicians that she had a month to live due to kidney failure. Lynn started and is continuing dialysis and has made much improvement. She is getting stronger and soon will be placed on the kidney transplant registry.

Lynn has endured much during the past few years, including the death of her husband, ovarian cancer, multiple strokes, diabetes, which led to the amputation of her right leg below-the-knee, and kidney failure. I have only known Lynn for a little over a year, but have come to admire her greatly for her never-give-up spirit and her wonderful sense of humor. Shelton and I have visited her often over the last few months, and each time she has asked to be updated on the group. When I asked her if she would agree to be in the spotlight for this issue she said, "It will be a hoot to read about myself in the newsletter." I know you will all enjoy getting to know Lynn a little better.

– Continued on Page 3 Column 1 –

## Altered States (cont'd)

have full and rewarding lifestyles. You have a choice.

The way to learn to live with these altered perceptions is to recognize that you're still basically the same person inside that you were before the amputation. Successful adjustment is achieved by focusing on overcoming obstacles (with or without a prosthesis), learning to do the things you enjoyed before (which may require some realistic and creative adjustment), and seeing yourself as a whole person who just happens to have a missing body part. Don't limit yourself with the label of "disabled." The focus should no longer be on what's gone, but on the future.

If you use a prosthesis, it will help restore your body image. You will now have the unique situation of having not one, but three body images – one with the prosthesis, one without it, and your intact, pre-amputation body. As you learn to use your prosthesis, your body image will begin to change to incorporate the artificial limb. You'll know this is starting to happen when you begin to feel naked without it or if you have dreams in which you are in your pre-amputation body.

### Relationships

Relationships come in many forms. There are those people we are intimate with, nodding acquaintances, and those in between. Regardless of the degree of closeness, the connections we have to others have a profound impact on our quality of life. People who feel lonely and isolated are far more likely to experience depression and even physical disease than those who have a sense of connection and community. When we have no one else to communicate with, we are left to focus solely on ourselves. With nothing else to distract us, we tend to dwell on our problems and pain.

Some amputees may view their body change as a mark of shame. Afraid of rejection, they may view themselves as less desirable and then project these feelings onto their friends, relatives, and even strangers. By doing this, they shut themselves off from friends and potential relationships to avoid the anticipated pain of rejection. Because social support and intimacy are so important to our physical and mental health, however, it is imperative that the new amputee recover from such a poor self-image. Fortunately, recent studies of people's social reactions to amputees indicate that a social stigma no longer exists, particularly when the amputee initiates the interaction. This is further evidenced by the marriage of former Beatle Paul McCartney to Heather Mills, an amputee.

When you initiate interactions with others, it's up to you to get them to see you as a person, not as an amputee, and to help them understand that your amputation affects only a small portion of what you can do. You are responsible for how you present yourself to others, decreasing others' anxieties about your missing limb, and demonstrating a positive self-image.

Granted, this is easier said than done, and sometimes professional help may be needed. Therapy provides a safe place to try out different social skills. Therapy sessions with amputees often consist of behavioral rehearsal, role-playing with various dating approaches, responding to peers' reactions, and learning various means of communicating a positive self-image. After all, if you don't like yourself, how can you expect anyone else to?

Love and intimacy are what make us feel whole, and relationships are one of the most powerful factors in our emotional and physical well-being. But to feel connected to others doesn't mean you have to surround yourself with a crowd. Your need for connection can be met through those with whom you already share love and affection. It can also be fulfilled by getting involved in new activities with others. In this regard, joining an amputee support group can be beneficial in

– Continued on Page 3 Column 2 –





## RECAP OF MAY

May started out with a parade. On May 1st Louisville Prosthetics hosted *MOVING FORWARD* for a picnic and viewing of the Kentucky Derby Pegasus Parade. Kathy DeNise once again did a wonderful job organizing a delicious meal of barbecue brisket, salads, and desserts. The parade was very enjoyable with the balloons, clowns, horses, and marching bands. We appreciate Louisville Prosthetics' continued support of our group.

Saturday, May 17th, several members took part in an "Amputee Walking School" sponsored by Kenney Orthopedics and Brownsboro Hospital. The participants were instructed on exercises and techniques that can be used to help improve our balance, mobility, and gait. The instructors for the school were Dennis Oehler and Todd Schaffhauser, who are both past Gold Medalists in the Paralympic Games. Those attending not only learned from the experience, but also met many other amputees who live in our area. We want to thank the people at Kenney Orthopedics for inviting our group to take part in this program.

At our monthly meeting held on May 24th, Neil Brown, motivational speaker and author, spoke to the group. He talked to us about the need for amputees to move past thinking of what could have been and focus on their lives going forward. Neil also spoke about amputee medical and prosthetic care, and the need for amputees to speak up and say "NO" if we feel that we aren't receiving the best care and prosthetics that are available to us. Neil has developed his own prosthetic hand made of a glove and Barbie doll legs for the fingers. It was truly something to see, and shows us all that if we aren't satisfied with our current prosthetics, we need to keep searching and pushing for the development of better prosthetic devices.

*MOVING FORWARD* would like to thank Neil for taking his time to speak to our group and also thank Sienna Newman, a prosthetist with Kentucky Prosthetics and event manager for Amputee Golf Charities, for coming to tell us about an upcoming amputee golf event and to answer questions from our group.



## TEST YOUR KNOWLEDGE

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

- CTNNIIORAE    \_\_\_ ( ) \_\_\_ ( ) \_\_\_
- EPOLPE        \_\_\_ ( ) \_\_\_
- SLDAEREIB    \_\_\_ ( ) \_\_\_
- GEFSENIL     \_\_\_ ( ) \_\_\_ ( ) \_\_\_
- NPFDIRHESI   \_\_\_ ( ) ( ) \_\_\_

\_\_\_\_\_, TRUST, AND RESPECT ARE ALL IMPORTANT IN BUILDING AND MAINTAINING STRONG PERSONAL RELATIONSHIPS FOLLOWING LIMB LOSS.

## Altered States (cont'd)

pleasure available at that moment. As your awareness of the sexual sensations improves, both your self-image and level of sexuality will improve.

Sex is a give and take proposition. We alternate between focusing on our partner's pleasure and our own. There are many ways to share pleasure so give yourself permission to expand your definition of sexual expression. Don't be afraid to try something new. Communicate verbally and nonverbally what feels good and where. What may have once been a comfortable position for you might, since your amputation, be uncomfortable or even painful. In addition, you may experience balance problems. Sometimes, something as simple as positioning with pillows can help with your stability. Sex is the fun part of a relationship so experiment, explore, and enjoy discovering what works best for you and your partner now. Amputees all over the world have returned to loving, sexual relationships after their amputation. You can too.

### About the Author

Sandra Houston, PhD, is a clinical psychologist and retired professor of psychology from the University of Central Florida. She had a private practice for 30 years, specializing in marriage and sex therapy. She has been a hip-disarticulation amputee since 1982. With over 50 professional publications and presentations, she continues lecturing and writing in the field of rehabilitation psychology.

*A version of this article was printed in First Step - A Guide for Adapting to Limb Loss (Volume 4), a publication of the Amputee Coalition.*



## UPCOMING EVENTS



**Fri., June 13<sup>th</sup>** – Members of the group will be attending a Louisville Bats baseball game at Slugger Field. The Wounded Warriors softball team along with a group of children with limb loss will be playing an exhibition game at 5:00, followed by the Bats game and fireworks. UPS is also having a book drive that evening, so if you bring in a children's book to donate, you will receive a coupon for a free hotdog and soft drink. Gates open at 5:00, and we will plan on meeting at that time in the main lobby by the door to the entrance from the main parking lot that can be accessed from either Main Street or Witherspoon St. They do charge a \$5.00 parking fee/vehicle. For those of you that haven't paid for your ticket yet, please bring your \$10 (cash only) to pay Belinda for your ticket at that time. If you can't be there by 5:00, please call Belinda at 812-620-3694 to let her know, so that you can arrange for ticket pickup. Also if you have trouble finding parking or finding the group, call that number for assistance.

**\*\*If you have asked for a ticket and are going to be unable to attend, please contact Belinda as soon as possible so that ticket can be sold to someone else. We do not want the group to be responsible for paying for unused tickets. This will be a great opportunity for *MOVING FORWARD* to show our support for the Wounded Warriors and children with limb loss. Plans have been made for our group to meet with the**

*– Continued on Page 5 Column 2 –*



## Q & A – by Belinda Jacobi

Last month, we covered some of the terms associated with limb loss and the importance of knowing the terminology so that we can better communicate with our physician, physical therapist, or prosthetist.

As promised this month, we will go over the parts of the prosthesis, the different types of suspension systems, and how to care for your prosthesis and its components. Our prosthesis is going to affect how we are going to be able to function in our daily lives, so it is extremely important to educate ourselves to the best of our ability and to understand the types of prosthetics available to us and how they function. Educating ourselves will help to alleviate much of the stress and fear of the unknown. We will be better prepared to communicate with our healthcare team and will feel more secure in making decisions regarding the choice of our prosthesis.

To begin, we will discuss the parts of the prosthesis and some of its components:

**Socket** – the portion of the prosthesis that fits around and envelopes the residual limb and to which the prosthetic components are attached (it is made of hard plastic or laminate material and is the part that your leg or arm slides into)

**check or test socket** – a temporary socket, often clear or transparent, to aid in obtaining proper fit for the prosthesis

**preparatory prosthesis** – an unfinished, functional replacement for an amputated limb, fitted and aligned to accelerate the rehab process, control edema, and prepare the residual limb for wearing a prosthesis on a daily basis

**definitive or permanent prosthesis** – the definitive prosthetic replacement for the missing limb, meeting standards for comfort, fit, alignment, function, appearance, and durability (NOTE: This is also known as the final prosthesis, which is somewhat confusing because it is a completed prosthesis and many new amputees think that once they receive this they are done. As amputees, we are never completely done in regard to our prosthesis. If we gain or lose weight, we may need a new socket. As we advance, we may desire another type of foot. New technology brings about new products that we may want to try. Our components wear out and need replaced. Try to think about it like a car. When you purchase a car, do you expect to have that same car forever. No, it is going to eventually break down or we decide we just want a new one.)

**pylon** – the frame (pole) or shaft made of graphite or some similar material between the socket and the foot

**components** – these are the working or moving parts of the prosthesis and can consist of fingers, toes, hands, feet, joints (wrists, elbows, hips and knees), as well as metal shafts that function as bones.

**liner** – this is worn over the stump (residual limb) to provide cushioning between the stump & the socket.

**sleeve** – the sleeve is worn over top of the socket and is part of some suspension systems.

NOTE: It is very important to keep both the liner & sleeve clean. Anything that comes into contact with

– Continued on Page 6 Column 1 –

## UPCOMING EVENTS (cont'd)

members of the Wounded Warriors following their game.

NOTE: The Wounded Warriors will also be playing a doubleheader exhibition game at the Elks Club at 904 Ormsby Lane in Louisville on Thurs., June 12<sup>th</sup>, at 6:00 PM. Admission is free for this event.

**Fri. - Sun., June 13 - 15<sup>th</sup>** – Amputee Golf Charities is holding the 2014 Kentucky Amputee Golf Event. There will be a Sponsor/Amputee scramble on Fri. and the tournament will be on Sat & Sun. It will be held at the Shelbyville Country Club in Shelbyville KY.



If you would like to participate, volunteer, or help to sponsor the event, contact Sienna Newman at 502-585-4228.

**Sat., June 28<sup>th</sup>** – Our monthly meeting will be held from 2:00 – 4:00 at Baptist East in the Education Center, Room 2B. This will be a really fun meeting, so please try to attend. Missy Eldridge PTA and Clinical Liaison for Kenney Orthopedics will be demonstrating Chair Yoga. Yoga reduces stress and improves strength and flexibility. This will be a wonderful opportunity for not only the amputees in our group, but also the spouses and caregivers to learn about the benefits of yoga. As always, there will also be time for discussion of topics of interest to those in attendance.

Immediately following the meeting on June 28<sup>th</sup>, **MOVING FORWARD** Limb Loss Support Group, Inc., will hold its annual business meeting and election of officers from 4:00 – 5:00. A separate notice will be mailed to all registered members of the group, detailing the agenda for that meeting. You are encouraged to attend to voice any ideas for or concerns about the group that you may have and to help us to plan for our future and continued growth in our community.



Check us out on Facebook at  
**Moving Forward Limb Loss Support**

It is very important for the amputees in our community to know that **MOVING FORWARD** is open to all amputees and their families, friends, and caregivers. Our goal is to encourage amputees, prosthetic companies, rehab and medical facilities to work together to support, educate, and motivate those with limb loss in our community. We deeply appreciate all of you who have shown your support in helping us to "move forward" in reaching that goal.

## Q & A (cont'd)

your skin should be cleaned daily. Always read the instructions that you receive with your sleeve & liner to see how to wash them, but generally you can wash them in warm water with a gentle soap (NOT antibacterial) or with the soap that you use to bathe. I wash my liner every night and I am lucky enough to have 2 (which is recommended) so that I can alternate back & forth. I then place it on a stand to air dry. With my type of liner I can also wipe it down occasionally with isopropyl alcohol and then rinse it thoroughly. This helps to kill any bacteria and really helps when it starts to get an odor. I then take a wash cloth & clean the part of my sleeve that comes into contact with my skin. Usually weekly, I take the sleeve off the prosthesis and wash it and lay it flat to dry. You can avoid a lot of skin problems with proper cleaning of your liner & sleeve. This is especially important during the hot summer months.

**cosmesis** – an outer, aesthetic covering for a prosthesis that makes it look like a more natural part of your body

**stubbies** – or foreshortened prosthesis These are used sometimes for bilateral above-knee amputees. They consist of a standard socket with no knee joints or shank with modified rocker bottoms or SACH feet turned backward for balance and stability.

**C-leg** – an above-the-knee prosthesis developed by Otto Bock that includes a microprocessor knee that promotes smoother ambulation

**body-powered prosthesis** – an arm prosthesis powered by movement in the upper extremity portion of the body (specifically the muscles of the shoulders, neck, & back) The motion of these movements is captured by a harness system that generates tension in a cable, allowing a hook or prosthetic hand to open & close.

**myoelectrics** – technology used in mostly upper extremity prosthetics to control the prosthesis by muscle contractions which send electrical signals from the muscles to power the prosthesis

**split hooks** – devices for upper extremity amputees consisting of two hook-shaped fingers that are operated (opened & closed) thru the action of a harness & cable system

**SACH foot** (solid-ankle cushion heel) – a prosthetic foot made of wood with a flexible rubber shell This foot is usually prescribed to less active amputees who just want a very stable foot.

**energy storing or dynamic response foot** – designed with a flexible heel The heel stores energy when weight is applied to it & releases the energy when weight is transferred to the other foot. This type of foot allows you to walk more naturally with less energy use.

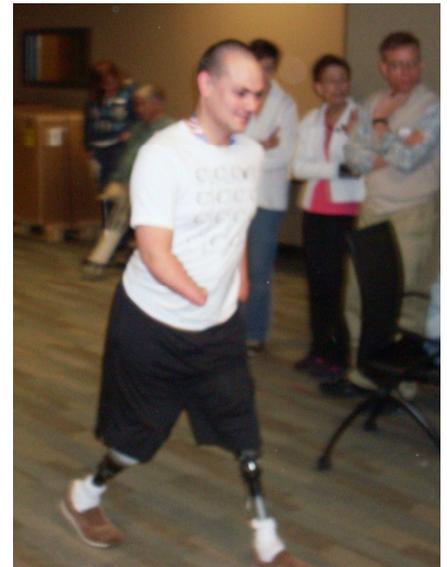
**single axis foot** – prosthetic foot that has a single ankle hinge for dorsiflexion & plantarflexion This foot is for less active people, but also provides excellent knee stability for AK amputees.

**multiaxis foot** – this foot allows for inversion & eversion, making it easier for walking on uneven surfaces so it is a good choice for more active individuals.

– Continued on Page 7 Column 1 –

## J'm Moving Forward . . .

Each month we are going to include a picture of one of our members "moving forward". This month's picture is of Philip Randolph participating in the Amputee Walking School. Philip became a quadrilateral amputee as an infant due to bacterial meningitis. He joined our group a little over a



year ago and has brought much joy to us all, whether by listening to him play his drums at some of our events or by his unending curiosity and questions during our meetings. One of Philip's goals for this year is to improve his gait, so congratulations, Philip, on "moving forward!"

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

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## VOTE FOR YOUR FAVORITE:

Last month in the Q & A, I asked for you to submit ideas for a name for our new language. I received four suggestions and they are:

- Amputese
- Prosthetish
- Socketian
- Stumpish

~ Call or email Belinda with your vote. ~

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Remember, you don't have to be a member of *MOVING FORWARD Limb Loss Support Group* to attend meetings or events. EVERYONE is Welcome!

## Q & A (cont'd)

NOTE: There are many choices available for prosthetic feet. There are feet for amputees with all different types of mobility levels; whether it be for someone who is mostly going to be walking indoors and just wants a good stable foot, to those who want a foot that will allow them to walk in their yard more easily, to those who need more mobility to allow them to play a sport, and all the way up to feet designed for specific sports such as running or swimming. It is important to do your research when choosing your prosthetic foot and don't be afraid to ask questions. Most manufacturers allow a 60 - 90 day trial period so you can try the foot, and if it isn't right for you it can be returned. I like to compare this to shopping for shoes. We don't always find that perfect comfortable pair with the first pair we try on. This is going to be your foot or feet for a long time, so you need to be satisfied with your choice (and you do have a choice). It would be impossible to cover all the different choices in prosthetic feet in this article, so I encourage you to go on-line or ask your prosthetist for information. The same goes for prosthetic hands. The choices go from the pinchers to myoelectric, and all the way to sports-specific hands (for example bowling or playing baseball). Of course, insurance comes into play here, but your prosthetist will work with you to the best of his ability to get you back to doing the things that you enjoy. Remember as well, once you have that prosthesis you need to stay in regular contact with your prosthetist. It is like a car that needs to be taken in for a tune-up every so many miles.

Lastly, let's talk about suspension systems (or what holds the prosthesis onto your body):

**belts & harnesses** – this is used sometimes in conjunction with the locking pin or suction valve system, or by amputees who can't tolerate the lock & pin

**suction valve** – when the stump is put in the socket the air inside the socket is forced out thru an opening in the bottom of the socket and then a one-way suction valve closes the opening, forming a seal that holds the prosthesis in place.

**liners with a locking pin** (or pin system) – a liner with a metal pin on the end goes onto the stump and then when the stump is pushed into the socket, the pin goes thru a hole in the bottom of the socket and clicks into a locking device that holds the prosthesis in place.

**elevated vacuum or vacuum-assisted suspension systems** – consists of a gel liner, a suspension sleeve, and an air evacuation pump. This technology is available for both AK & BK amputees and it works by creating a vacuum between the liner & the socket wall. This vacuum holds the limb securely in place, preventing pistoning in the socket and another benefit is that it helps to minimize volume changes in the residual limb. Many amputees prefer this type of system, because they say that it makes the prosthesis feel more like it is part of their body.

*Research for this article was done online using the: Amputee Coalition Resource Center & Merck Manual Home Health Handbook Copyright 2010-13.*

## LET'S GET MOVING!

This exercise is a continuation from last month. If you have been practicing the forward cup walking and are feeling secure about the movement, then you may want to try the lateral cup walking exercise. For those of you who want to improve your agility and power this exercise will be very beneficial.

Lateral movement is important if you want to play sports such as tennis or baseball, or some people in their workplace may be required to do a lot of lateral movement. In our day to day lives, just cleaning house or putting away the dishes requires lateral movement. As always, be safe when attempting any new exercise. Have someone standing beside you or stand beside the kitchen counter in case you become unsteady. With continued practice your lateral movement will improve. So *let's get moving!*

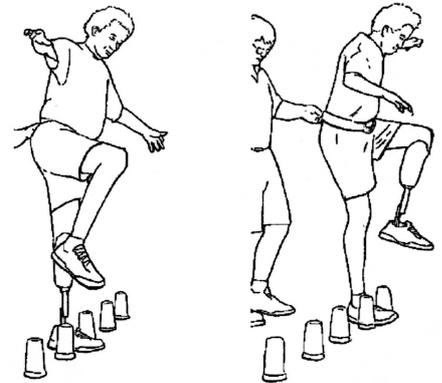
**Lateral Cup Walking:** Place the cups 14 - 24 inches apart so that both feet will fit between the cups when standing sideways. Begin at one end of the cups, slowly raise the sound limb so that the hip forms a right angle & then slowly step over the cup.

Transfemoral amputees may advance the prosthetic limb same as sound limb by bending the knee.

Transfemoral amputees advance the

prosthetic by keeping the knee straight & bringing the limb behind the cups.

There are three key elements to focus on when balancing over the prosthetic limb as you advance the sound limb. First, contract the muscles within socket by tightening the buttocks & thigh muscles on the prosthetic side only. Second, exert downward force through the socket. In other words, imagine that you are pushing your prosthetic foot down through the floor. Third, feel the weight of your body pass over your prosthetic foot, attempting to maintain weight over the great toe of the prosthetic foot.



### Lateral Cup Walking

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**TEST YOUR KNOWLEDGE ANSWER** (from Page 4):  
INTERACTION PEOPLE DESIRABLE FEELINGS  
FRIENDSHIP

P A T I E N C E

