



## NEWSLETTER ♦ 73rd Edition ♦ Sep. 2019

**Our Mission** - To reach out and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to raise awareness of limb loss by becoming actively involved in our community.

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### Common Causes of Lower Back Pain

*Disclaimer* – This article contains information that I learned while attending sessions during the Amputee Coalition Conference. I am by no means a professional; therefore if you are experiencing serious pain, you should consult with your physician or therapist.

The average person will have a 23% chance of having lower back pain that lasts a month or more, while persons with lower limb loss/difference have a 64-71% chance of experiencing pain over a month.

There are many theories and treatments, research is ongoing.

According to the Highsmith Review of 2019, several things are associated with back pain, which include:

- leg length discrepancy
- postural control issues
- Osseo integrated prosthesis does not affect back pain

This study also found that pain increases following lower extremity limb loss and is affected by the level of loss. How a person functions is affected by the back pain they experience, and frequent bouts of pain are associated with increased disability.

Other studies have found that weight shift due to a prosthesis, and muscle fatigue/overuse can also contribute to non-specific back pain. Although non-specific back pain accounts for the largest percentage of the types of pain experienced, some of the other causes include sciatica/radiculopathy, disk herniation, spinal stenosis, ankylosing spondylitis, compression fracture, and cancer.

As for my own condition, I have been diagnosed with a slight curve in the lower back causing imbalance of hips, and this is a condition I was born with. And though I have lived with minor back pain for most of my life, over the last few years the curvature has caused compression in 3 or 4 of the disks, which is now the major cause of my pain. Visits to a chiropractor since my amputation have helped me manage my own pain, as has physical therapy. Most recently my prosthetist has adjusted the length of my prosthesis so that my hips are balanced, which may or may not correct the curvature over time.

Multiple research studies show improvements with exercise are greater than with medications. Exercises that cause pain to spread away from the back should be avoided. Pain can occur during the

~ cont'd on Page 2 Column 1 ~

### AUGUST RECAP

On August 4, members of the group visited Speed Art Museum and got to view the Gonzo exhibit, an illustrated guide to the writings of Hunter Thompson. It was very interesting; we all had a great time!

The Indiana meeting was held on August 19 at SIRH. We had a short discussion on Virtual Reality for pain management. On August 24 the Louisville meeting was held at Norton Brownsboro. Elaine Skaggs gave a presentation on lower back pain and demonstrated some exercises to strengthen core and reduce back pain.



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### QUOTE OF THE MONTH



**The best preparation for tomorrow  
is doing your best today!**



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### NOTE FROM THE EDITOR

We have just finished our 6th year of publishing this newsletter. The first issue was in Sep. 2013. For your convenience, all previous issues of our newsletter are available on our website at:

[ampmovingforward.com](http://ampmovingforward.com)

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## Common Causes of Lower Back Pain (cont'd)

activity or several hours after the activity. It's best to ease into activity and avoid binging when starting an exercise regimen. More is not better, rather high quality strengths done correctly are more beneficial. Also, it does not have to hurt to help. If you don't enjoy the activity, you won't stick with it. It may be better to have a partner or group for accountability. Aquatics are often recommended because there is less compression on the joints, it can create slight resistance, and it's easier in the water to have freedom of movement.

Exercises to increase core strength and back strength are commonly used to improve back pain as well as flexibility exercises. These are beneficial for both upper and lower limb loss.

You can find demonstrations of exercises that may help ease your lower back pain at the sites listed below.

- <http://www.abledamputees.org/beginner-exercise-videos>
- <https://www.youtube.com/watch?v=pGubJvanSf8&t=105s>  
(this video demonstrates that exercise can be adapted to any level of limb loss)
- <https://www.physio-pedia.com/LowerLimbAmputeesandLowBackPain>
- <https://www.fitbunch.net/201601/31/adaptive-fitbunch-core-strength-for-amputees/>

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## EDITOR'S NOTE

— by Elaine Skaggs

The *MOVING FORWARD* Limb Loss Support Group has suffered a devastating loss with the passing of Belinda Jacobi months ago. It has been a difficult transition for us as a group, and as individuals. We all grieve differently. Some will pass through the process quicker than others, but we all will endure the changes that are to come. Not one of us can imitate Belinda, or do things as passionately or efficiently as she did, but we can strive to become better, to help more people, and to let her legacy live on. There have already been necessary changes, both in leadership and activities, and there will be more to come. However, we will strive to carry on her legacy, to influence our community with positivity and encouragement. This newsletter is one of the ways we can become even better, and as you have probably already noticed, we have endured some changes here also. I will be writing a few more of the articles contained here; however, much help is needed. If you have ideas of subjects you would like to see covered here, please do not hesitate to contact me. If you have a secret desire to be a writer, we all would love to read what is going on in your life!! If there have been past articles published that you would like to see revisited, please make that suggestion. You can submit those suggestions or your articles and pictures to Elaine Skaggs in person or online at my email, [elaineskaggs@ymail.com](mailto:elaineskaggs@ymail.com). Let's **ALL** take part in making this newsletter a way for us to reach out to the community, to be informed, enlightened, and entertained, but most importantly, in touch with each other.

— Thanks, Elaine

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## UPCOMING EVENTS

### MEETINGS:

**Sep. 16th**, Mon, 6:30 – 8:00 pm, at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room.

**Sep. 28th**, Sat, from 2:00 – 4:00 pm, at Norton Brownsboro Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville KY, in Room 301B.

### EVENTS:

**Sep. 7, Sat. – Walk and Roll Picnic** from 1 – 4 pm at Sam Peden Park in New Albany. We will be in Shelter 1 this year. We will be making videos for those who wish to participate in the Give for Good Louisville fund raising day on Sep. 12. If you are able, a side dish or dessert would be appreciated.

**Sept 12, Thu. – Give for Good Louisville.** This is 1 day of online giving from which we raise most of our operating funds for the year. Please put this on your calendar & consider giving!

*Information on all of our meetings and events is available on our website at [ampmovingforward.com](http://ampmovingforward.com)*

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## Ways to Donate to *Moving Forward* Limb Loss Support

### AmazonSmile

Go to "[Smile.Amazon.com](http://Smile.Amazon.com)"

Sign in or Create your account

Hover over "Accounts and Lists"

Under the "Your Account" items,

Click on "Your AmazonSmile"

AmazonSmile is a website operated by Amazon with the same products, prices and shopping features as Amazon. The difference is that when you shop [smile.amazon.com](http://smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice!

Once you have registered, you can check back to see how much your orders have contributed to *Moving Forward*.

You will know you are contributing to the group because under the search bar it will say "Supporting Moving Forward Limb Loss Support Group, Inc."

### Kroger Community Rewards Program

Go to

"<https://www.kroger.com/account/enrollCommunityRewardsNow/>"

Sign in or Create your account

Under box "I'm a Customer"

Click on "View Details" (this will take you to a new screen to select our group)

Enter our organization number: DC476 or,

Search for "Moving Fwd Limb Loss Support"

If you do not have internet access:

Register at the Service Desk of your local Kroger.

Once you have registered, the bottom of your receipt will say that your "Community" rewards are going to *Moving Forward* Limb Loss Support Group. You can check the amount of your community rewards on their website for each quarter.

### Employer Deductions

Many employers offer employees the opportunity to have automatic payroll deductions which are donated to a charity of their choice. Some companies will **MATCH** your donation. If your employer uses Frontstream, Truist, or Network for Good to manage their deductions, *Moving Forward* is listed.

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## SEPTEMBER RECIPE

### Crispy Salt-and-Vinegar Potatoes

648 Ratings  
Active Time: 20 min  
Total Time: 45 min  
Published May 2014

#### Ingredients

- ☐ 2 pounds baby Yukon Gold potatoes, halved, quartered if large
- ☐ 1 cup plus 2 Tbsp. distilled white vinegar
- ☐ 1 tablespoon kosher salt, plus more
- ☐ 2 tablespoons unsalted butter
- ☐ Freshly ground black pepper
- ☐ 2 tablespoons chopped fresh chives
- ☐ Flaky sea salt (such as Maldon)

#### THREE CITIES WE HAVE OUR EYES ON

— SPONSOR CONTENT OMNI HOTELS & RESORTS —

#### Recipe Preparation

Combine potatoes, 1 cup vinegar, and 1 Tbsp. kosher salt in a medium saucepan; add water to cover by 1". Bring to a boil, reduce heat, and simmer until potatoes are tender, 20–25 minutes; drain and pat dry. Heat butter in a large skillet over medium-high heat. Add potatoes; season with kosher salt and pepper. Cook, tossing occasionally, until golden brown and crisp, 8–10 minutes. Drizzle with remaining 2 Tbsp. vinegar. Serve topped with chives and sea salt.

#### Nutritional Content

Calories (kcal) 240 Fat (g) 6 Saturated Fat (g) 3.5 Cholesterol (mg) 15 Carbohydrates (g) 40 Dietary Fiber (g) 3 Total Sugars (g) 0 Protein (g) 5 Sodium (mg) 1450

#### Explore Bon Appétit

[ChiveFast Easy FreshPotatoQuickSideSideSpringVinegar](#)

More from Bon Appétit

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