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ISSUE #2



NO LIMBITATIONS

Educate ~ Motivate

No LIMBitations is Rhode Island Limb's innovative quarterly publication featuring educational information about Prosthetic and Orthotic technologies, new developments at RI Limb and upcoming events.

Spring Newsletter Highlights

- Orthotic Focus Point : Shoe and Brace Considerations
- Community Outreach : Upcoming Events
- Prosthetic Focus Points : Psychological Aspects of Amputation, Shoe Considerations and Compatibility, Home Environment : Amputee Safety

Orthotic Focus Point **Shoe and Brace Considerations**

How do I select appropriate shoes to wear with my leg brace? To choose shoes that will accommodate your brace and keep your feet protected and comfortable begin with purchasing shoes that are ½ size larger than the size you wore without your brace. Next, try shoes with a wider width, especially in the toe area. New Balance shoes, in general, have a wider width than Reebok and Nike, for example. Finally, you may select a shoe that opens closer to the toe to allow your brace to slide into the shoe more easily.



Community Outreach **Upcoming Events**

- Rhode Island Limb's road race team, Sole Determination, will be participating in the BoldRDash on the Beach 5K Obstacle Race on May 2 at Scarborough State Beach. If you are a patient, family member or member of the community and would like to participate or show your support, please visit the Events page on www.rilimb.com and email Karen Teoli at kteoli@rilimb.com for more information. All are welcome to join us!
- Amputee Support Group is coming soon! Let us know if you have topic ideas or questions you would like to address in a support group setting with other RI Limb amputees and staff. Please email Krissy Waters at kwaters@rilimb.com with suggestions.

For many, amputation is a difficult experience to take in. Many emotions, changes and stages of adaptation will be experienced. Developing a strong support system through family, physicians, prosthetists and therapists will assist you on your journey. By keeping the communication lines open and asking questions with your caregivers you will build trust and a supportive team-oriented relationship. Rhode Island Limb provides amputees the unique opportunity to meet before or after your amputation with an amputee peer visitor as a great way to share experiences and receive informational resources.



Shoe Considerations and Compatibility

- During of the fitting process of your prosthesis, your prosthetist will customize the alignment of your prosthetic leg as you walk. This alignment is affected by many things, including the heel height of your shoe. If this heel height is changed, the entire alignment of your prosthesis is affected. You may feel off balance or uncomfortable if this occurs. It is important to keep the same heel height when you change your shoes. If you wear many types of heels, discuss the possibility of an adjustable heel foot with your prosthetist.
- Putting a shoe on your prosthetic foot can be made easier by using a sock and shoe horn. If the foot seems too tight in the shoe, do not force it. You may need to select a wider shoe for easier donning. By forcing the prosthetic foot in a shoe, the function of the foot is affected. The foot may not be able to compress and deform appropriately, restricting the motion of the foot.
- You should never walk on your prosthetic foot without a shoe. The bottom surface of most feet is not made to have any traction and can cause you to slip.

Home Environment : Amputee Safety

- Bathroom
 - Shower seat in shower
 - Access to shower and toilet using assistive device (walker, wheelchair)
 - Shower mats inside and outside of shower to prevent slipping
- Stairs
 - Ensure all stairways have railings and are secure
 - RI Limb prosthetists may have you practice stairs in the office to simulate home environment.
- Bedrooms
 - Keep your prosthesis and assistive devices within reach of your bed.
 - Do not wear your prosthesis to bed. You may wear a shrinker if instructed by your prosthetist.
 - If your prosthesis is microprocessor controlled, keep the charging unit plugged in near your bed.
 - Do not crawl on your knees or hop on one foot when traveling from room to room. Crawling may cause wounds on your knees. Hopping on one foot can cause injury to the sound leg and increase your risk of falling. Use your prosthesis and/or assistive device at all times.

