

SUMMER 2015



ISSUE #3



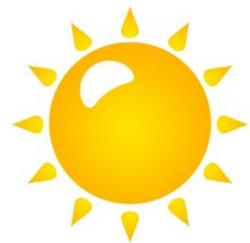
# NO LIMBITATIONS

**Educate ~ Motivate**

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

## Summer Newsletter Highlights

- **Managing Orthotic Devices in High Temperature Environments**
- **Trip to the Beach? Prostheses in Sand, Salt and Water**
- **Amputee Sweat Management**
- **Limb Skincare**



## Managing Orthotic Devices in High Temperature Environments

Orthotic devices are affected by high temperatures as they are usually made of a heat-moldable plastic. In the summer months, it is important to not expose your brace to high temperatures for an extended period of time. Long periods of direct sunlight or heat from inside of a vehicle are especially damaging. High temperatures may cause the thermoplastic material to soften and change shape. Keeping a cool towel wrapped around your brace in these environments will help prevent damage from excessive heat.

## Trip to the Beach? Prostheses in Sand, Salt and Water

Many prosthetic components are not designed to get wet, sandy or be exposed to salt. Some parts of your prosthesis could rust and be damaged when exposed to these elements. Microprocessor controlled knees and ankles may fail completely if submerged in salt water or sand. Shower legs or water prostheses are safe for use at the beach. These prostheses are specifically designed to withstand these elements. Most importantly, the foot can be safely worn without a shoe. If you use a water leg or shower leg at the beach, rinse with fresh water when leaving. If you are unsure if your prostheses will be safe at the beach, contact RI Limb before you head out!

## Amputee Sweat Management



Managing sweat in your prosthesis is very important because it can affect the fit of the socket, the suspension and condition of skin. If your limb is perspiring, change socks completely. Remove gel liner and wipe dry. Remove sleeve and dry. You may need to repeat this process a few times throughout the day. Keep clean extra socks with you or in your car. Poor sweat management can cause skin irritation, swelling and sweat callusing/corns due to blocked sweat glands. If callusing occurs and causes discomfort, contact your Prosthetist. Do not remove the callus or corn yourself. If heavy perspiration is an issue talk to your Prosthetist about antiperspirants that are specific for amputees.

### Limb Skincare

Maintaining good skin integrity on your limb is extremely important for an amputee. Be aware of any redness, swelling or sores. Your skin is more likely to sweat and swell in the summer heat. Do not shave the hair on your limb to reduce sweat or sticking to the liner; shaving may cause cuts which lead to infection. Keep your limb as cool and dry as possible to avoid sunburn. If you have severe volume changes in your socket due to swelling with the heat, discuss possible options for socket design (as pictured to the right) to aid with these fluctuations. Medicated lotions and creams are also available to keep skin healthy and hydrated.



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If you have questions or topics of concern you would like to see addressed in RI Limb's No Limitations newsletter, email Karen Teoli, CPO, LPO at [kteoli@rilimb.com](mailto:kteoli@rilimb.com).

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### Community Outreach

*To join our quest in promoting healthy, active lifestyles in the amputee community consider joining RI Limb's road race team, Sole Determination, for a local walk or run. Contact Karen Teoli for more information or visit [rilimb.com](http://rilimb.com) for upcoming events.*