

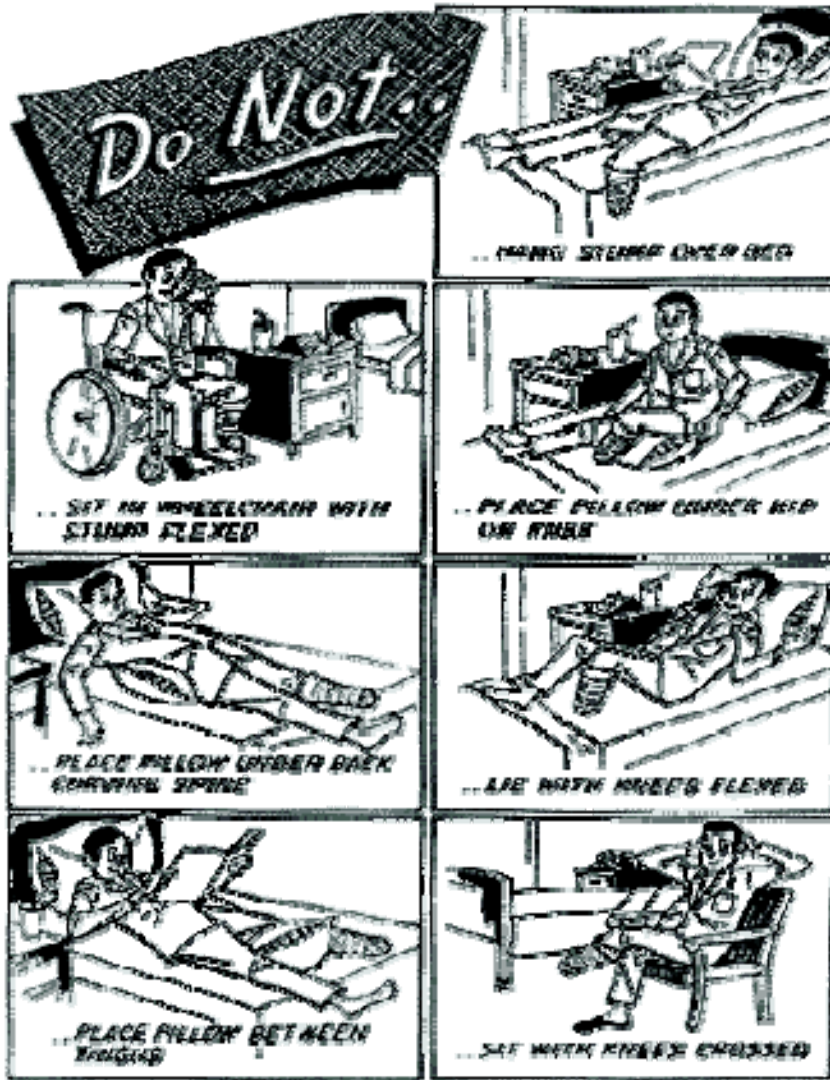
RECOVERY AFTER AMPUTATION

Presentation by Heather Batten
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to
Amputee Discussion Group
Bunya Ward

Geriatric and Aged Care Rehabilitation Unit
Princess Alexandra Hospital

PHYSIOTHERAPY



"A Manual for Below-Knee Amputees", Alvin L. Muilenburg and A Bennett Wilson, jr. 1996 is acknowledged as the source of the graphics.

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ANNUAL NATIONAL AMPUTEE AWARENESS DAY - 11 JUNE

STUMP CARE

1. Check Your Stump Daily

- It is important to monitor your stump for any changes in skin condition. If you find changes such as reddened areas, blisters or skin breaks, contact your GP or prosthetist.

2. Avoid Sticky Bandages or Tape

- Adhesive tapes can damage the skin covering your stump, especially if you have poor circulation.

3. Dry your stump well

- After you shower, ensure that you dry your stump well, especially in any creases.
- This is especially important before applying a shrinker sock or prosthesis.

4. Do not shave your stump

5. Massage your stump

- To improve circulation and skin condition.
- Aid in healing.
- Decrease phantom pain and help to desensitise your stump.
- Use an unscented moisturiser such as sorbolene cream.
- Specific scar massage (as taught by your physiotherapist) is also important to prevent the new scar tissue adhering to the bone underneath your skin. Normal skin should move freely over the underlying tissue.



6. If you are a below-knee amputee, a stump board should be used to:

- Prevent swelling.
- Maintain knee extension range by preventing tightening of the muscles that bend your knee.

Why Wear A Stump Shrinker Sock?

- It assists in keeping your stump stable as shape and size of your stump can fluctuate.
- Can decrease sensitivity of your stump.
- May help wound healing .
- To improve the circulation of blood to your stump.
- Prepares your stump for potential prosthetic fitting .



Handy Hints:

- Wear day and night as soon as you are able.
- Take sock off for showering.
- Be cautious of anything that may damage your sock or skin such as rings or jagged fingernails.

WHY EXERCISE?

- To help you become stronger and stay flexible.
- To improve your endurance for your daily living activities.
- To improve your balance to limit falls.

If possible lie on your stomach 30mins daily to keep the hip and knee straight

Mobilising without a Prosthesis

If you progress to using a prosthesis, you will need to have a back-up mode of mobility e.g. wheelchair, hopper, crutches.

Definitive/Interim Prostheses

Amputees who are training to use a prosthesis are initially fitted with an interim prosthesis which allows modifications to be made during the learning phase and while the stump stabilises in size. Then you will be fitted with a definitive prostheses which looks more like a real leg prosthesis.

Some amputees will not progress to training with a prosthesis due to other health issues such as heart or lung conditions and/or the condition of the remaining leg.