

Prosthetic Department

The aim of the Prosthetic team at the Specialist Rehabilitation and Mobility Centre (SRMC) is to enable you to maximise your own potential and independence through a multi-disciplinary team approach following your amputation. Assessment of your needs is made in consultation with a team of healthcare professionals who specialise in different aspects of rehabilitation. A plan for ongoing rehabilitation will be made in agreement with you to meet your goals.

The Team

You will meet a number of health professionals within the multi-disciplinary prosthetic team. Our team is made up of:

Rehabilitation Consultant

Our senior Doctor specialising in Rehabilitation and Amputee Care. He leads the team and will assess your medical needs.

Psychological Therapist

Helps you if you feel that you are struggling to adjust following your amputation.

Physiotherapist

Provides exercises and advice and walking training if you are fitted with a limb.

Physiotherapy Technical Instructor

Supports the Physiotherapist to deliver your rehabilitation programme

Occupational Therapist

Enables you to maintain or increase your independence in everyday activities following your amputation.

Prosthetist

Assesses, measures, fits and maintains your prosthesis

Prosthetic Technician

Manufactures and repairs prostheses.

Podiatrist

Provides foot care for your remaining limb.

Orthotist

Assesses you for any specialist footwear to protect your remaining limb.

Students

We may have students from any of our professions with us, if you do not wish for a student to be present please let us know.

After your Operation

While you recover from your operation, you can begin a programme of activities that will help to promote healing, and maintain or improve your mobility while you are in hospital.

Your physiotherapist can teach you a range of exercises to strengthen the muscles in your upper body and remaining limb, and improve your general energy levels.

The skin covering the area around your amputation site may be made less sensitive by a process known as desensitisation. Skin desensitisation involves gentle tapping of the skin with a face cloth, gentle massaging of the skin around the bone to prevent excessive scarring

Control of swelling

The use of a compression sock helps to reduce swelling and prevent a build-up of fluid inside and around your residual limb. A compression sock should be worn when you are not wearing a prosthesis. If one is suitable for you to wear it will be provided by your rehab team as soon as appropriate.

Caring for your remaining limb

After having a leg or foot amputated, it's very important to avoid injuring your remaining leg or foot.

If your amputation resulted from diabetes, your remaining leg and foot may also be at higher risk. Avoid wearing poorly fitting footwear and ensure that an appropriately trained healthcare professional, such as a podiatrist, is involved in the care of your remaining foot. If appropriate you will be referred to the joint orthotic/podiatry clinic here at SRMC.

Skin care

It is very important to keep the skin on the surface of your residual limb clean, to reduce the risk of it becoming irritated or infected. Gently wash your skin at least once a day (more frequently in hot weather) with mild, unscented soap and warm water, then dry it carefully.

When taking a bath, avoid submerging your residual limb in water for long periods because the water will soften the skin, making it more vulnerable to injury. Wetting the wound is not advised until it has healed

Use a moisturising cream or oil regularly before bedtime Your physiotherapist will show you how to massage your residual limb and scar to decrease discomfort.

Check carefully every day for signs of infection, such as:

- skin that is warm, red and tender
- a discharge of fluid or pus
- an increase in swelling

Contact a healthcare professional for advice if you think you may be developing a skin infection.

Rehabilitation Department at SRMC

At your first appointment you will be seen by a specialist team of clinical staff that may include a doctor, prosthetist, physiotherapist, psychologist and occupational therapist.

Please bring a family member or friend with you if you would like to, as there is a lot of information to take in and many questions to answer. Remember to bring a list of current medication.

The team will discuss your goals and devise a care plan to help you achieve your agreed targets. These may or may not include learning to use a prosthetic limb.

Prosthetic limbs aren't useful to everyone who has had an amputation. The extensive course of physiotherapy involved requires considerable amounts of energy and commitment. People who are suffering from serious health conditions, such as heart disease, stroke or arthritis may find prosthetic rehabilitation too much of a challenge.

If the team agrees to start prosthetic rehabilitation you will be assessed initially with an Early Walking Aid (EWA) in physiotherapy sessions. If successful with the EWA a prosthesis will be recommended for you based on:

- the type and level of amputation you have had
- your general health
- the level of support available to you
- the things you want to be able to do with your prosthesis

If you have any questions please contact us at;

Disablement Services Centre, Rehabilitation Department
Lower Ground Floor, Cumberland Infirmary
Carlisle, CA2 7HY
Tel: 01228 616868 Mon – Friday: 08:30 – 16:30

Transport

Transport is available, if you meet the eligibility criteria Otherwise you will need to make your own way to the DSC. Please phone 0800 032 3240 to book your own transport

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Subject Access Coordinators
SACCIC@ncuh.nhs.uk or SACWCH@ncuh.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the PALS team (Patient Advice and Liaison Service) on 01228 814008 between 10.30 and 4.30 Monday to Friday or email PALSCIC@ncuh.nhs.uk.

If you would like this factsheet in another language or format, for example Braille, large print or audio the PALS team will be able to assist you (contact details above)

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