



**ARTHROMAX
ORTHOPEDICS &
PODIATRY**
(SMC-PRIVATE) LIMITED

LIFE AFTER AMPUTATION

For New Amputees

PREPARED BY

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1. Introduction — A New Beginning

Amputation is not the end of life—it is a new beginning, a new way to live, move, and experience the world. The journey ahead may feel challenging, but with the right guidance, therapy, and mindset, you can regain your independence and confidence.

This handbook has been designed to walk you through each stage of your recovery—from the day after surgery to walking, running, and even participating in sports again.

2. Understanding Amputation and Its Impact

An amputation changes not only your body but also your emotions, lifestyle, and self-image. It is natural to experience a range of emotions such as grief, fear, or frustration. Recognizing these feelings is the first step toward recovery.

Common Early Challenges:

- Pain or discomfort in the residual limb
- Phantom limb sensations
- Fear of falling or moving incorrectly
- Changes in balance and posture
- Emotional distress and anxiety about appearance or mobility

Your rehabilitation team—which includes your surgeon, prosthetist, physical therapist, and counselor—will work together to help you overcome these challenges.

3. The Pre-Prosthetic Phase

This phase begins immediately after your surgery. The main goal is to prepare your body and mind for using a prosthesis.

Goals of This Phase:

- Promote healing and reduce swelling
- Shape and desensitize the residual limb
- Prevent muscle contractures and maintain joint mobility
- Build core and upper-body strength
- Begin emotional adjustment to limb loss

Key Activities:

- Limb shaping using elastic bandages or shrinkers
- Pain management through mirror therapy, massage, and desensitization
- Proper positioning to prevent contractures
- Gentle stretching, hip strengthening, and balance exercises

4. Emotional Healing and Psychological Adaptation

Rehabilitation is not only physical—it is deeply emotional. You are adapting to a new body image and redefining your independence.

Emotional Barriers You May Face:

- Grief over the lost limb
- Anxiety about your future
- Fear of being dependent on others
- Low motivation during therapy

Ways to Overcome:

- Counseling and peer support
- Goal setting with achievable milestones
- Positive self-talk focusing on progress
- Family participation in therapy and care

5. Preparing for a Prosthesis

When your residual limb has healed and reduced in swelling, you'll begin preparing for prosthetic fitting.

Your Therapist Will Help You:

- Strengthen muscles to support prosthetic use
- Improve sitting and standing balance
- Practice transfers and safe mobility
- Build endurance and cardiovascular fitness
- Maintain limb hygiene and skin inspection

Tip: Keep your skin clean and dry; inspect for redness or blisters daily.

6. The Prosthetic Fitting Process

This is an exciting milestone. The prosthetist will work with you to design and fit your new artificial limb.

Steps Involved:

1. Casting and measurement of the residual limb
2. Test socket fitting for comfort and alignment
3. Final prosthesis fitting after necessary adjustments

Your Role:

- Report any discomfort or pressure points
- Practice donning and doffing correctly
- Keep the socket clean and dry
- Follow care instructions from your prosthetist

7. Learning to Walk Again

This stage marks your journey toward mobility and independence.

Key Components of Gait Training:

- Weight shifting between legs
- Standing balance with equal weight
- Walking practice in parallel bars
- Focus on symmetrical stride and control
- Gradual progression to ramps and stairs

Common Challenges:

- Fear of falling
- Fatigue or over-reliance on sound limb
- Uneven gait or poor posture

Your therapist will help correct these safely.

8. Advanced Mobility and Balance

Once you are comfortable walking, you will progress to more advanced movements and activities.

Focus Areas:

- Walking on uneven terrain
- Turning, side-stepping, and obstacle negotiation
- Increasing speed and endurance
- Climbing stairs and ramps
- Enhancing coordination and confidence

9. Return to Work, Outdoor, and Sports Activities

Rehabilitation extends to helping you reclaim your passions and active lifestyle.

Activities You Can Relearn:

- Driving with adaptations
- Swimming or cycling with limb protection
- Hiking, golf, cricket, or adaptive sports
- Strength and conditioning exercises

Your prosthetist can advise on sports prostheses designed for athletic use.

10. Long-Term Care and Lifestyle Management

Ongoing care ensures sustained mobility and comfort.

Maintenance Tips:

- Inspect the residual limb daily
- Maintain socket and liner hygiene
- Schedule follow-ups every 6–12 months
- Replace worn-out components promptly
- Continue strength and conditioning exercises

Health and Nutrition:

A balanced diet supports healing, strength, and overall energy levels.

11. Preventing Complications

Proper care reduces the risk of skin breakdown or discomfort.

Common Problems and Prevention:

- Skin irritation: Clean and dry the limb daily
- Sweating: Use liners with moisture control
- Socket loosening: Report volume changes
- Back pain: Maintain proper posture and gait

**QUESTIONS?
CONTACT US.**

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Words of Encouragement — Living Beyond Limits

Your amputation does not define you—it refines you. Through structured rehabilitation and support, you can live a fulfilling, active, and confident life.

Celebrate every milestone and continue challenging yourself. Life after amputation is not about limitation—it's about transformation and rediscovery of strength.

