

WHAT TO EXPECT ON YOUR JOURNEY TO GETTING A NEW ARTIFICIAL LIMB



Paediatric Prosthetic Information Guide



Opcare

Enhancing your ability

A brand of the AM Healthcare Group

Welcome to the Opcare Prosthetic Clinic

We are here to help you understand all about prosthetics!

Can you tell us about yourself?

Name: _____

Age: _____

Here is a drawing of me:

My interests and what I like doing are:

Opcare Bear



Every child that comes to the prosthetic service gets an Opcare bear! You will be able to take the bear home and maybe even bring them along to your appointments as well!



Why do I need to visit the Prosthetic Clinic?

Children who use an artificial limb or “prosthesis” have usually had either a part of their arm or leg removed by amputation at hospital or were born with part of a limb missing or not fully formed.

We see lots of children and we will help you get used to using your new prosthesis if we all agree that this is the best solution for your needs.



Types of Prosthesis

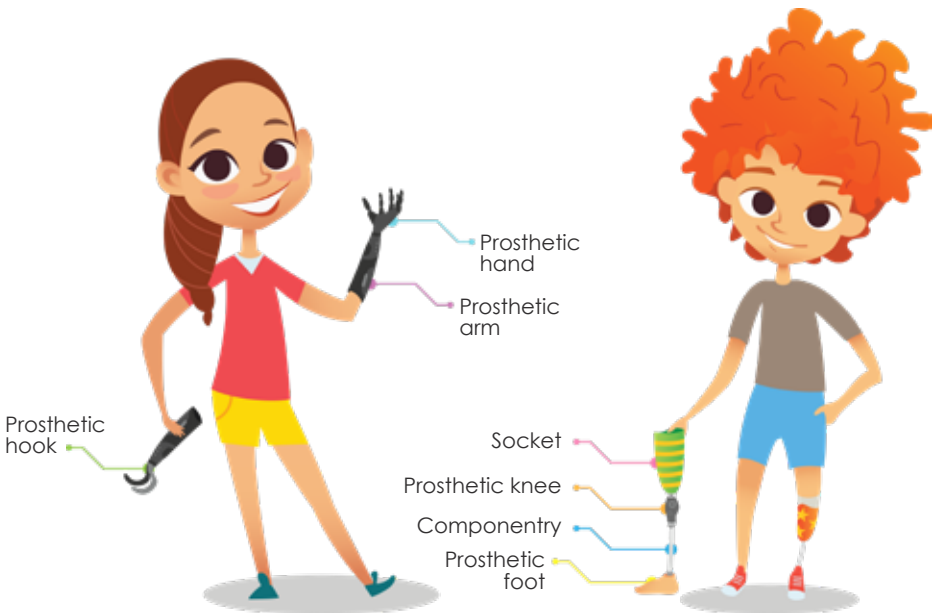
We make all kinds of prostheses for children depending on what part of the body is missing, has been amputated, or is needed.

Most of the prostheses we make are legs, but we also make arms too.

Each type of prosthesis will usually have a socket which is the part of the prosthesis that fits onto you.

Legs will also have a foot section and, if you need them, joints (knee and hip). These help you when using the leg to sit and/or walk.

Arms can look very different depending on what they are used for; some have a hand shape whilst others have useful tools on the end like a gripper.



First Visit

On your first trip to the prosthetic clinic, we will want to learn all about you – filling in this booklet will really help us!

You will meet a few different people at the clinic, but don't worry about that, we're all here to help you. We want to understand how you have been affected by amputation and whether a prosthesis of some sort will help you.

People you may meet:

Prosthetist – this is someone who designs and fits prostheses to people, including children.



Physiotherapist (Physio) – this is someone who will help build your confidence when wearing your prosthesis, so that you can get the very best out of it.

Occupational Therapist (OT) – this is someone who also helps people that use a prosthesis in places such as a school, a nursery, and around the house.

Consultant – this is a special type of doctor who helps make sure that you are fit and well to make the most of using a prosthesis.

Scan/Cast

The process begins by taking a 3D scan of your arm or leg so that it can be made to fit you as best as possible. We use special scanners that capture the shape and size of your body and then design the socket.



As well as scanning, we may use a Plaster of Paris to get an impression of your leg or arm. This is like the scan but a bit messier. You could even help your prosthetist to smooth the plaster if you want. The plaster cast is only on for a few minutes and we then use it to design the socket.

If a prosthesis is going to be of benefit you we will build one in a design of your choice to suit your specific needs. Some children like to have a leg or arm that looks similar to other people but we can also make limbs that have a pattern and choice of your colour – in case you want to stand out.

We have included some pictures of custom-made designs that we have created to give you some inspiration! See pages 9 and 10.



Some of our custom-made sockets:



If you wish, you can go with a natural finish:



Fitting

Because prostheses are individual to each person, you will need to come back to the clinic to try the prosthesis on to make sure it fits well. We can make adjustments to help improve the fit as this is an important part of getting the limb right for you.



Taking the limb home

Once we have completed the fitting, which may need more than one visit, the prosthesis is ready for you to take home and start using.

Getting used to your new prosthesis will require patience and you may need to spend some time with the OT and/or physio, they will help you learn how to use the prosthesis properly. Don't worry about this stage, give yourself time and remember we are here to help you.



Maintenance

Once you have taken the prosthesis home, we hope you will use it as much as you need to.

You may need to come back into the clinic from time to time. This will be because you have grown or, if you are using your prosthesis regularly, it may need the occasional repair. Any issues, just give us a call and we'll see you in the clinic!

As you grow your prosthesis will need adjustment, which can be done in the clinic, you can also wear different types of socks (that we can provide) to help ensure the prosthesis fits well, and longer term we will need to remake your prosthesis in order to keep up with you!



You can also do your bit to look after your prosthesis, keeping it clean and dry, preventing water damage by not submerging it in water, and generally storing it safely when you're not wearing it, for example at night-time.

Further information

There are numerous sources of additional information available to support you in your post-amputation journey. We have listed some below.



Websites:

- **www.amputee-coalition.org**. Aims to empower people affected by limb loss to achieve their full potential through education, support, and advocacy.
- **www.limbpower.com**. Support amputees, individuals with limb difference and their families to bridge the gap between hospital rehabilitation and community and school engagement to rebuild lives and improve physical, social, and mental well-being.
- **www.reach.org.uk**. Helping children with upper limb differences live life without limits.

- **www.newlifecharity.co.uk**. Provides advice and funding for disability equipment.
- **www.shoewap.com**. A global marketplace where people with unevenly sized feet and amputees buy, sell and exchange mismatched pairs and single shoes.
- **www.contact.org.uk**. Offers support to families and professionals caring for disabled children.
- **www.citizensadvice.org.uk**. Offers advice on benefit applications and other topics such as disability discrimination and taking time off work to care for your child.
- **www.gov.uk/government/publications/disability-discrimination-act-2005-new-laws-to-help-disabled-people-easy-read**. Information on the Disability Discrimination Act and the provision that schools must make to help children back into school.
- **www.limbless-association.org**. Practical and emotional support for amputees throughout their pre and post-amputation journey.
- **<https://www.youtube.com/user/stepscharity>** - Steps channel.
- **www.limbs4kids.org.au**. An Australian site for child amputees offering lots of useful advice.

Other media

Books:

- Help! My Child's in Hospital – Becky Wauchope
- Paddington Bear goes to the Hospital – Michael Bond
- Going to the Hospital: Miniature Edition – Anne Civardi
- Just let me put my legs on - Kenzie Le Turley
- Goose's Story - Carrie Best
- Molly the Pony - Pam Kaster

Podcast:

- Limbless association podcast – **AmplAfy**
<https://limbless-association.org/2021/02/03/amplafy-episode-1/>

TV & Film:

- **Footless Jo** -<https://www.youtube.com/channel/UCvFroKGVbJvALxCTFzZXL5w>
- **Your Child's General Anaesthetic - Magic Milk and Squidgy Masks** - <https://www.youtube.com/watch?v=0QfFL2CGkU0>

These links are being provided as a convenience and for informational purposes only and do not imply on the part of opcare Ltd any endorsement or guarantee of any of the organisations or information (including the right to display such information) found on their respective websites. Any comments or inquiries regarding the linked websites or their content should be directed to the owners of the other website.

External links are selected and reviewed when compiling information. Although we make every effort to ensure these links are accurate, up to date and relevant, opcare Ltd does not produce them or maintain/update them and they can be changed without our knowledge or agreement.

If you come across any external links that don't work, please feel free to let us know and we will update or remove the link accordingly.

Parent/Guardian Guide

The aim of this booklet is to share some simple information to help your child understand what to expect when attending the prosthetic service. It is important to note that no two people have exactly the same experience and every patient presents in their own way.



The booklet has links to further sources of information, please check these yourself to ensure that they are suitable for you as we do not create, maintain or add to these links. It can be useful to read this booklet together with your child and use page 15 to jot down questions you may have – don't worry about asking questions, even if you think the information has been covered previously. There is a lot of information to take in and we welcome questions at any time.

Feel free to speak to any of the team at the clinic about the information provided and if you have any comments or suggestions – we would love to hear them.

<https://www.opcare.co.uk/get-in-touch/>



www.opcare.co.uk