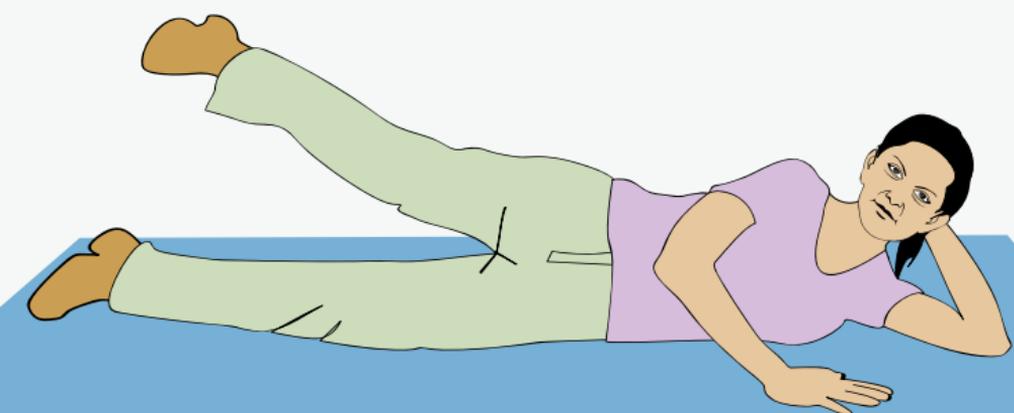




Belfast Health and
Social Care Trust

caring supporting improving together



Advice for Patients **Prior to Amputation**

If you have been advised that a leg amputation is going to be needed then you may find the following useful:

Physiotherapy

It is important to keep the muscular strength in your arms and legs as much as you are able to. Daily exercises and stretches of your arms and legs will keep your body supple and ready to begin the next phase of rehabilitation after amputation. There are some exercises that you can start practicing on the back of this leaflet.

Occupational Therapy

After your amputation you will need to use a wheelchair to get around both indoors and outside. This can be hired free of charge from the Red Cross on a temporary basis. You will be assessed for long term needs after your surgery.

Initially, you will not be able to use stairs after your amputation and will therefore need to have a bed downstairs. If you do not have a wheelchair accessible toilet on the ground floor you will need a Mayfair commode to be in place for discharge home.

Podiatry

Proper care of your feet is very important when you have circulation problems or diabetes. Sometimes minor skin problems do not heal up quickly and you may be more prone to skin or nail infections which need treatment by a podiatrist. After your amputation you will need to keep regular appointments with your community podiatrist for foot monitoring and nail care. It is also important that you have good fitting shoes which do not press on the toes and cause ulceration. Always contact your GP or podiatrist if you have any concerns with your remaining foot.

Artificial Limb

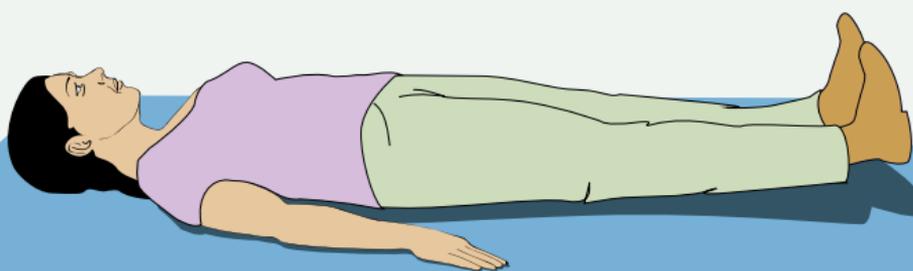
It will usually be around two months before you will be able to be assessed to use an artificial limb. This gives time for the wound to fully heal and any fluid to go away. You will be called to Musgrave Park Hospital, Amputee Rehab Centre where you will have the opportunity to discuss about walking with an artificial limb, phantom pain and stump pain.

Personal Exercise Programme



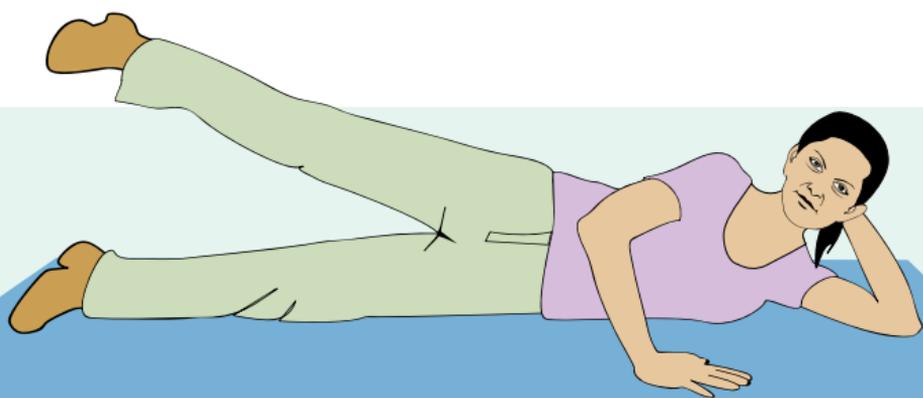
Lying on your back. Squeeze your buttocks firmly together. Hold approximately for five seconds and relax

Repeat 10 times..



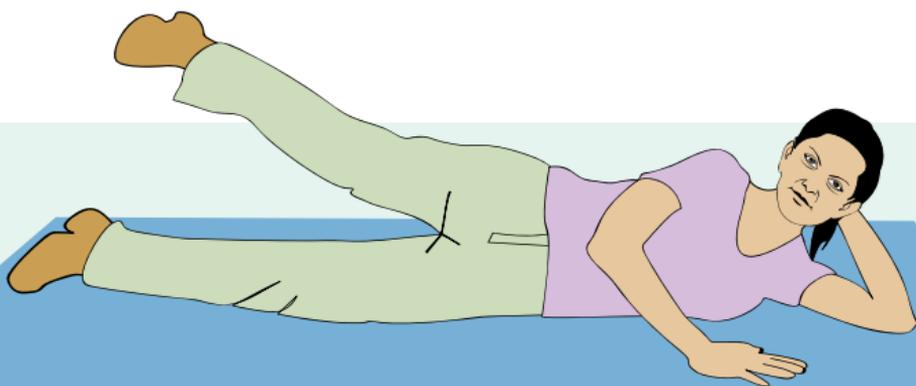
Lying on your back with legs straight. Bend your ankles and push your knees down firmly against the bed. Hold for five seconds and relax.

Repeat 10 times.



Lying on your side supporting yourself on your elbow. Roll top hip slightly forward, use top arm to support yourself in front. Keeping your top leg straight lift it up towards the ceiling. Make sure the leg stays in line with your body and your toes point forwards.

Repeat 10 times.



Again lying on your side roll your top hip slightly forwards. Keeping your top leg straight lift it up slightly then move your top leg straight behind you as far as you can.

Repeat 10 times.

Sit on a chair with two arms. Put one hand on each of the chair arms.

Push down through your arms and raise your bottom of the chair seat.

Hold for five seconds and then sit back down.



Repeat 10 times.

Sit on a chair.

Pull your toes up.

Tighten your thigh muscle and straighten your knee.

Hold approximately five seconds and slowly relax your leg.



Repeat 10 times.