

Additional Notes

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Exercise in the Community

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Introduction

This leaflet is for people who have had a leg amputation and want to find out about different types of exercise and how they can access them.

Why should I exercise?

Regular exercise has many benefits and is extremely important to maintain your health and fitness.

It can make you feel better, improve your mood, improve your circulation, help lower blood pressure, improve your balance and flexibility and improve your stamina, strength and walking ability. It can also help you reduce the risk of developing other health problems including cancer, stroke and heart disease.

What types of exercise are there?

Exercise includes any activity that raises your heart rate, it can be focused exercise like going to the gym or any activity that requires movement. Some can be completed at home including gardening, some types of housework, or utilising fitness apps and exercise DVDs. Exercise can also be getting out and about by cycling or walking. Other activities can include going to the gym, attending exercise classes, swimming, or tai chi which can improve your balance

Team sports like football, cricket, volleyball and table tennis as well as Paralympic sports including wheelchair basketball and rugby are also options whilst providing social support too.

How much exercise should I be completing?

It is recommended that adults should be active daily with 20 to 30 minutes of exercise each day and complete at least 150mins of exercise over a week. It is also important to avoid long periods of sitting or inactivity, so try to move every hour if possible.

5 English Federation of Disability Sport

They provide information on all types of disabled sport.

SportPark - Loughborough University
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF

01509 227750

www.efds.co.uk

6 Cycling:

A charity that have a variety of different bicycles to try for a range of disabilities.

Wessex Accessible Cycling Club
Moors Valley Country Park and Forest
Horton Road
Ashley Heath
Dorset.
BH24 2ET

info@wessexacc.org.uk

www.wessexacc.org.uk

7 Sailability

Charity that provide boats and instruction for people with a disability who would like to sail.

www.rya.org.uk

Exercise Classes

Classes for the older, frailer population:

www.laterlifetraining.co.uk

or telephone: **01838 300 310**

How will I get in and out of the swimming pool?

How you get in and out of the pool depends on your level of mobility. A hoist can be used or there are different ways to get in, some of which do not require a prosthetic leg to be worn. Please contact the clinicians at the Prosthetic Centre if you would like to discuss these.

Some amputees have found it easier to attend hotel swimming pools as these tend to be a lot quieter than a public pool.

I would like to try a sport. How do I find out more information about them?

In the Prosthetic Centre fitting rooms, there is a list of sports and a contact number you can ring to get more information. There is also some information at the end of this leaflet.

Will I be able to run again?

This depends on how strong and fit you are and whether you used to run before the amputation. The longer the time gap since you last ran and attempting to do so as an amputee, the harder it will be. Whether you now have other health conditions will also make a difference to how successful you are likely to be. In addition it is important to have a comfortable and well-fitting socket. If you have a good fitting socket and would like to explore the possibility of running then please speak to the physiotherapist at the Prosthetic Centre for some running tips. The charity LimbPower also occasionally hold events where you can learn to run. Please find their details at the end of the leaflet.

Please contact Tim Randall, Physiotherapist at the Dorset Prosthetic Centre for any exercise related questions on:

0300 019 4363

Limbless Association

Provide support to amputees and the limb-loss community. Advice on managing as an amputee and exercise opportunities of all kinds.

The Limbless Association

Unit 10
Waterhouse Business Centre
2 Cromar Way
Chelmsford
Essex
CM1 2QE

01245 216670

Helpline: **0800 644 0185**

www.limbless-association.org

Sports

- 1 www.paralympic.org**
- links to websites for all the Paralympic sports
- 2** This website is designed to inspire, inform and signpost disabled people interested in sport. Identifies which sport is right for you and where you can play it:

www.paraport.org.uk

Or contact them at:

Deloitte Parasport
60 Charlotte Street
London
W1T 2NU

020 7842 5789

3 Skiing/Snowboarding

Please contact the disabled governing body:

Disability Snowsport UK
Glenmore Grounds
Aviemore
PH22 1QU

Telephone: **01479 861272**

www.disabilitysnowsport.org.uk

Email: **admin@disabilitysnowsport.org.uk**

4 LimbPower

Charity aimed to engage amputees in physical activity and sports. Hold the Limbpower games and various activity workshops including learning to run. Has an excellent website with lots of advice on all types of exercise.

07502 276858

LimbPower
Whitecroft
Tandridge Lane
Lingfield
Surrey
RH7 6LL

www.limbpower.com

Will exercising be more difficult with an amputation?

Certain types of exercise may now be more difficult to do. This might be due to difficulty in accessing where you exercise, either when using your wheelchair or whilst walking with your prosthetic leg. It can also be harder to exercise with a prosthetic leg on or exercising from a wheelchair.

If you have any questions about what you can or can't do please speak to the staff at the Prosthetic Centre.

Are there specific exercise schemes for people with difficulties walking or in a wheelchair?

There are now many exercise schemes set up to cater for people who have difficulty moving around or who are unable to walk. These are different in each area so please contact your local leisure centre or look online to find out about these.

Depending on your circumstances you may also be able to be referred to your local leisure centre for an individual assessment and exercise programme for a reduced rate for a period of time. Please speak to your GP or the physiotherapist at the Centre if you would like to know if you are eligible.

There are also exercise DVDs and free online fitness videos produced specifically for people in wheelchairs or who have problems with their balance. Please look online to find these.

Will I be able to go swimming?

Swimming is an excellent type of exercise for amputees. Depending on your level of amputation, your mobility and how confident you are, the thought of swimming can be daunting. Many swimming pools have specific sessions for people who have difficulty accessing the water. Please contact your local leisure centre for details about this.