

# Dorset Prosthetic Centre

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## Information for people who are Non prosthetic limb wearers

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This leaflet is intended to provide some guidance for people that have had an amputation but do not wear a prosthetic limb.

### Can the prosthetic centre support me if I do not wear a prosthetic limb?

Yes, you are still able to access the professional clinicians at the Dorset Prosthetic Centre for any specific specialist needs or advice following your amputation. Call up the department and speak to someone about your needs.

### Who is in the team?

There is a consultant in rehabilitation medicine, a specialist nurse, a clinical specialist physiotherapist, a clinical specialist occupational therapist, a counsellor, and an orthotist. The clerical officers are experienced in assisting you in accessing the right professional at the centre to meet your current needs. The prosthetists are available should you require prosthetic support in the future.

### What could the prosthetic centre support me with?

You can access the counsellor at the prosthetic centre who can help you with the emotional and psychological adjustments that everyone who has limb loss experiences.

If you have had a change or are anticipating a change in your ability to complete activities such as:

- getting in or out of bed
- washing and bathing
- dressing and grooming
- domestic tasks
- using a wheelchair
- accessing your property
- caring for yourself
- caring for others

or you require support in:

- accessing employment
- undertaking leisure activities
- targeted exercises - upper or lower limb strengthening or range of movement connected to your amputation
- undertaking swimming, regular fitness or exercise sessions

The multi-disciplinary team at the prosthetic centre can provide support.

This may be guidance in how you could regain independence with these activities or suggesting new ways of completing them. It may be putting you in touch with other services in the community who provide services which may be health, social services or voluntary organisations.

## **What else could the prosthetic centre help with?**

You can access the prosthetic centre for advice and support regarding the following problems, even if you do not wear a prosthetic limb:

- Pain in your residual limb
- Phantom limb pain,
- Care of your remaining limb,
- Skin or wound problems

## **Can I request an appointment with the consultant at the prosthetic centre even though I do not wear a prosthetic limb?**

Yes, the consultant will be happy to see you by appointment regarding any issues related to your amputation. In the first instance it may be helpful to discuss your needs with one of the multi-disciplinary team. They may be able to assist you.

## **What types of problems can the consultant help me with?**

The consultant can advise you regarding any medical problems that you have that are regarding your residual limb or remaining limb, and with any issues to do with pain or wounds that might be connected to your amputation.

Any problems not connected with your amputation need to be discussed with your general practitioner (GP).

## **I decided that I did not want a prosthetic limb but I would like to reconsider this. What do I do?**

You may have been too unwell or weak to consider wearing a prosthetic limb immediately after you had an amputation, or there may have been other reasons for you not wanting to proceed with limb wearing. If this is the case, we will be happy to discuss wearing a prosthetic arm or leg with you again and to reassess you.

## What is taken into consideration when deciding whether someone will be able to use a prosthetic limb?

To wear prosthesis you will need to be able to tolerate the weight of the limb and be able to put it on and take it off independently, or have someone who can regularly assist you with this.

A below knee prosthesis will take 30-40% more effort than when you walked prior to your amputation and an above knee prosthesis takes 70% more effort than previously. Your general health, strength, condition of your heart and lungs, your ability to control your remaining leg will be assessed as this will affect your ability to use a lower limb prosthesis.

For an above knee prosthesis you will need to be able to get from sitting to standing independently 10 times in succession, and be able to stand independently for ten minutes in parallel bars in order for a cast to be taken to make the prosthesis.

If you wish to consider an above knee prosthesis you will be assessed and if it is thought that you may benefit from one, you will be trialled with a temporary prosthesis.

If you spend most of your day in a wheelchair, wearing an above knee prosthesis can be uncomfortable and wheelchair independence may be preferable.

## How can I access support from the prosthetic centre?

If you have been seen at the prosthetic centre in the past you can call and make an appointment to see the consultant, occupational therapist, physiotherapist, nurse or counsellor by telephoning **0300 019 4363**.

If you are unsure of which member of the team could best help you call the prosthetic centre and the staff will be able to help you.

## Contact details

If you require further advice please feel free to contact us on the number below.

Dorset Prosthetic Centre: **0300 019 4363**

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