



SMART
SOUTHEAST SCOTLAND MOBILITY
& REHABILITATION TECHNOLOGY

Prosthetic Limb Service

Introduction

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Welcome to the Prosthetics Service at SMART

This booklet is intended to give you a general introduction to the Prosthetic Service at the Smart Centre, Astley Ainslie Hospital, Edinburgh.

This booklet belongs to a collection of information leaflets:

Introduction to Prosthetic Service (this booklet)

Appointment Information

Looking after yourself and your prosthesis

Troubleshooting Advice

Frequent Asked Questions

Useful Contacts

Often in the text we have referred to the loss of a limb via amputation. However, much of the information is also relevant to those with a congenital limb absence.

Our aim is to provide a quality, caring and lifelong service for all our Prosthetic limb users. The staff at the SMART Centre are here to help. If there is anything you do not understand or if you need assistance of any kind, please do not hesitate to get in touch.

Glossary

Alignment	The prosthesis is altered with various tools, to ensure the socket & components are positioned correctly to give you the best possible walking pattern
Amputation	Removal of a limb as a result of injury or disease
Congenital	Born with
Cosmesis	This is the outer covering which gives the limb its shape and appearance
Foot shell	Foot shaped cover for prosthetic foot
Gel Sock	A thin silicone or gel sock sometimes referred to as 'silipos' or 'dermaseal'
Inner	Custom made pelite liner (this is made from soft, spongy material, orangey pink/ white or black in colour)
Juzo	Brown stretchy compression sock
Liner	A silicone or gel sock with or without pin
MDT	Multi Disciplinary Team. A term used to cover the multiple professionals who attend to your physical, social & psychological needs as an amputee, namely: a Prosthetist, Physiotherapist, Occupational Therapist, Consultant & Psychologist
Prosthesis	A prosthetic limb sometimes referred to as an artificial leg
Residual Limb	The remainder of your amputated limb. You may also hear the terms 'residuum' or 'stump' which some prefer to use
Socket	This is the part which is made to fit the shape and measurements of your residual limb
Suspension Belt	This is a generally a fabric belt used to hold your above knee prosthesis in place
Suspension sleeve	This holds the prosthesis onto your residual limb
Thick Sock	Fluffy terry cotton sock
Thin Sock	Plain cotton sock

Members of the Prosthetic Service

Prosthetist (pros-the-tist) – The clinical specialist who prescribes, casts, fits and delivers prosthetic limbs. We care for patients born with limbs missing or not fully formed; and for patients who lose their limbs as a result of injury or disease.

Prosthetic Technician – Specially trained technician who manufactures, assembles and repairs prosthetic limbs.

Physiotherapist – Assess for safety, gait training and provide walking aids as required.

Occupational Therapist - Supports how to use your prosthesis to participate in meaningful activities.

Nurse – Provides skin care and lifestyle advice, liaise with Community Nursing Team and Podiatry for long term wounds. New amputee specialised wound care clinic requires referral via local MDT (multi-disciplinary team).

Rehabilitation Consultant – Medical Doctor attached to amputation service

Clinical Health Psychologist – requires referral via MDT or Prosthetist.

Prosthetic Limb Provision

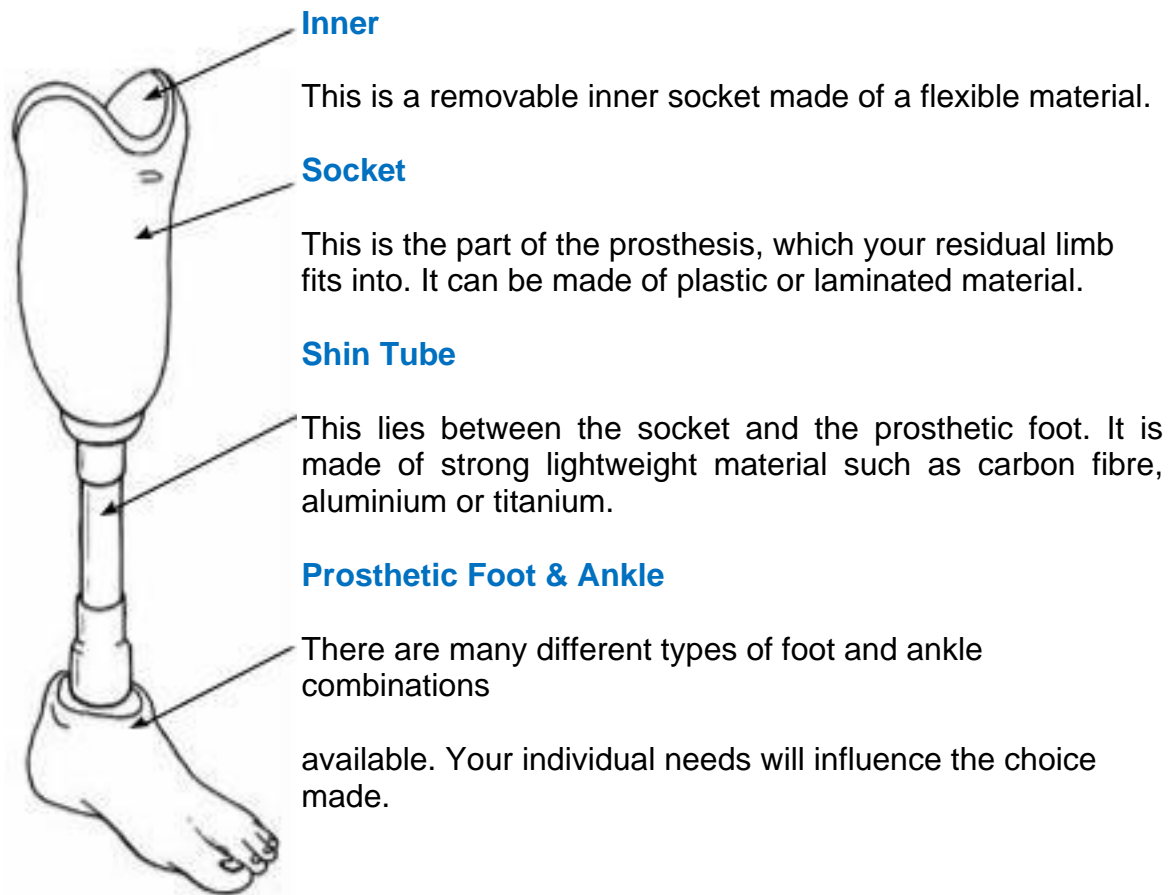
Not everyone who has an amputation will receive a prosthesis. Using a prosthesis requires an increased energy expenditure than walking with two legs and can be very tiring. Some people may choose to use a wheelchair for multiple reasons, and we will support you to choose what is best for you.

Following an assessment and discussion with the Multidisciplinary Team here at the SMART Centre, a decision will be made as to whether a prosthesis will be beneficial for you. Taking into consideration any other existing medical conditions and overall fitness levels.

If you are going to be fitted with a prosthesis, then you will be allocated a **named Prosthetist** who you may already have met. This is so you have continuity of care within the Prosthetic's Service. We will do our best to make sure you see this person at each appointment.

On occasion, you will have set appointments. Out with these appointments, we operate a **self-referral system** whereby you can contact the SMART Centre for an appointment or advice at any time. Always ask for your named Prosthetist in the first instance.

Standard Features of a Below Knee Prosthesis



Standard Features of an Above Knee Prosthesis



Socket

This is the part of the prosthesis, which your residual limb fits into. It can be made of plastic or laminated material.

Knee Joints

There are various types of knee joints. Some are designed to swing free; others are designed to stay in a locked position for walking and can be unlocked for sitting. Your Prosthetist can provide more information.

N.B. Prosthetic knee joints are only required if your amputation is at a level through the natural knee joint or higher up the leg.

Shin Tube

This lies between the prosthetic knee joint and the prosthetic foot. It is made of strong lightweight material such as carbon fibre, aluminium or titanium.

Prosthetic Foot & Ankle

There are many different types of foot and ankle combinations available. Your individual needs will influence the choice made.

