

# REHABILITATION

## MAJOR LOWER LIMB AMPUTATION

### LOWER LIMB AMPUTATION IN TASMANIA

Rehabilitation strives for the best level of independence, function and quality of life.

The rehabilitation team partner with you to plan your rehabilitation pathway.

You are at the centre of your rehabilitation plan, and the team works with you to achieve your goals.

TEAM MEMBERS	ROLE
DOCTOR	Manage your recovery in hospital.
NURSE	Manage your recovery in hospital. Liaise with team about your specific needs and referrals.
REHABILITATION CONSULTANT	Oversee and coordinate your medical care. Assess your suitability for a prosthesis.
REHABILITATION NURSE	Goal setting, care planning.
PHYSIOTHERAPIST	Help you regain physical function and mobility.
OCCUPATIONAL THERAPIST	Help you to manage personal and domestic tasks. Organise wheelchair and provide training. Help with home modifications and equipment. Cognitive assessment. Help with return to driving.
ORTHOTIST / PROSTHETIST	Assess, make, fit and review prostheses.
PODIATRIST	Care for the remaining foot as required.
SOCIAL WORKER	Connect you to support services. Provide emotional support. Provide information about the National Disability Insurance Scheme.
ALLIED HEALTH ASSISTANT	Supporting Allied Health therapy delivery.

Other team members that might be involved in your rehabilitation include Dietitians, Psychologists, Wound Care Nurses and Diabetes Educators.

# EARLY REHABILITATION IN HOSPITAL

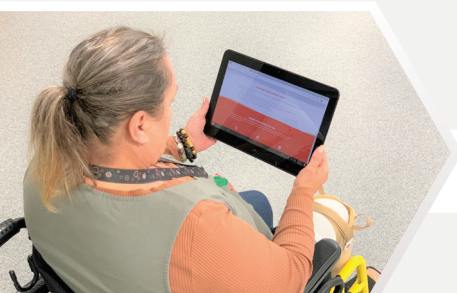
As you recover from surgery, early rehabilitation and care can include:



- Pain management
- Residual limb protection and swelling control
- Appropriate positioning of limb



- Care for your emotional health and well-being



- Learn to move around
- Assessment for suitable mobility options
- Wheelchair provision and training



- Information on limb loss support



- Podiatry care and self-care for the remaining limb which is under increased load



- Exercise for strength, balance and mobility



- Manage your personal care



- Meeting staff from the Rehabilitation Team and planning the next part of your journey

- Prepare for your return home, including education, equipment, home modifications, and community services





# DISCHARGE FROM ACUTE HOSPITAL WARD

For this next phase of your rehabilitation journey, the team consider:

- **Your home environment – is it safe for wheelchair mobility and transfers?**
- **Will you be able to manage well physically and emotionally at home?**
- **Are all necessary supports in place?**



You may transfer to an inpatient rehabilitation ward to continue rehabilitation until you are ready to go home.

You may be discharged home and referred to a community rehabilitation service. If you are not ready to attend a community rehabilitation facility, a basic level of rehabilitation support may be provided by a home-based health service.

## Outpatient / community rehabilitation

Specialist rehabilitation services are provided through Medical Specialist Clinics, Outpatient – Community Rehabilitation Services, and Orthotic and Prosthetic Services.

## Rehabilitation goals

Setting rehabilitation goals is an essential part of structuring your rehabilitation program. The Rehabilitation Team assist you to set realistic goals and timeframes, and work with you to achieve your goals.

Walking with a prosthetic limb may be a realistic goal for you. Using a prosthesis is quite different from normal walking and has limitations. Successful prosthetic use requires your significant commitment to rehabilitation.

## 'Blocks' of therapy

Rehabilitation services in the community are usually provided for defined periods of time, known as 'blocks' of therapy.

## Your role in rehabilitation

Your personal participation and commitment to rehabilitation is vital to achieving your goals. Most rehabilitation goals need regular practice and exercise outside of therapy sessions.

## Family, carer, peer support

The support and involvement of your family, carers and peers may help you achieve your goals.



# 'KEEPING TRACK' OF INFORMATION, ADVICE, QUESTIONS, ACHIEVEMENTS

Dealing with all the information and advice following amputation can be overwhelming. It is useful to keep track of information, advice, questions, concerns, and your achievements.

## Important things to keep track of include:

- Names of the Rehabilitation Team members.
- Questions you think of when staff are not available to ask.
- What do you want to achieve?
- What do I need to think about for the next phase of rehabilitation?
- Any other matters you would like to discuss.
- Your achievements.

## MOVING FORWARD WITH YOUR LIFE BEYOND REHABILITATION

- There are help and support services to assist you live a full life.
- Your GP is a first point of contact for health matters and related issues and can advise you about help and support services available.
- Community based organisations like Limbs 4 Life and the Tasmanian Amputee Society offer a range of supports for you, your family and carer to access.



For more information, please visit [www.health.tas.gov.au/amputation](http://www.health.tas.gov.au/amputation)

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IN TASMANIA

Connecting Tasmanians  
to information and  
support for their  
amputation journey