

**Amputee Society of
Canterbury & Westland Inc.**

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Disabilities Information Service

314 Worcester Street, Christchurch
PO Box 32-074, Christchurch

☎03-366-6189

☎03-379-5939

🕒 9.00am - 4.30pm

✉ dis@disinfo.co.nz

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🕒 8.00am - 4.30pm

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www.nzalb.govt.nz

**Amputee Society of
Canterbury & Westland Inc.**

www.amputeeinfo.co.nz

The Amputees Federation of NZ

www.af.org

Amputee Information

www.mossresourcenet.org

International Diabetes Federation

www.idf.org

Parafed Canterbury

www.parafedcanterbury.co.nz

Disability Awareness in Action

www.daa.org.uk

Amputee News

www.amputeenews.com

Disability Rights Commission

www.drc-gb.org

UN Programme on Disability

www.un.org/issues/m-disabl.asp

WEKA-NZ Disability Info

www.weka.govt.nz



**Burwood Hospital
Hydro Pool**



**6:00-6:45 pm
Every Monday**

See you there for a
Relaxing session!
Funded by Lottery Board.

Thanks to Our Sponsors



*doing more
with less!*

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SEPT/OCT/2011

Quote of the Month

Sometimes when we are generous in small,
Barely detectable ways it can change someone
else's life forever.

Margaret Cho

Editors Message

Hi Everyone from not so sunny Florida. We dodged the bullet from the Hurricane although have had some terrible storms so the weather hasn't been that good so far but hopefully will improve soon and I can enjoy this heat.

I hope everyone is well and doing ok as I read about the snow and aftershocks and my heart is there with you all.

Sorry this has taken so long but my friend who I stay with in Florida was rushed to hospital and is quite ill so my time has been spent there each day, I hope all goes well and by the next issue things will be back on track. Please bare with me on this.

I see that Spring has maybe arrived at last as hear reports of gardening being done and flowers in bloom. It's a good opportunity for some of you to get out in the garden and loosen up those limbs from a hard winter.

Please mark on your calendar the annual Xmas function and hope to see many of you there. A reminder that Margaret needs some raffle prizes and also please let her know if you are not coming if you replied that you are.

If any of you are interested in getting the Amputees of America publication by email it is now free of charge and you just have to register on their site at amputee - coaliton.org This is a great magazine and I am sure you will find it interesting.

Until next issue please be well, take care and if any problems please see your orthotist and don't leave things until it is a major problem.



**Amputee Society of Canterbury and Westland Inc. PO Box 7424
Sydenham e-mail: info@amputee.info.co.nz
Website: www.amputeeinfo.co.nz**

SOCIETY NEWS



CHRISTMAS LUNCHEON

Place: Hornby Working Mens Club,
17 Carmen Road,
Hornby,
Christchurch

Date: Sunday 27th of November 2011

Time: 11am for Social Drinks and get together.

Meal: 12 Midday.

Cost: \$24 per head but will subsidise \$4 on all who attend so will be \$20.

Speaker: Mr. John McKie Orthopaedic Surgeon. Approx !.1pm

Please contact Margaret on 03 349 7585 before Sunday 20th November if you would like to attend.

Please let me know if you require a ride.

IF YOU CAN'T ATTEND AND HAVE ALREADY SAID YOU ARE COMING PLEASE LET ME KNOW AS IT MAKES A DIFFERENCE TO THE CATERING.

SECRETARY'S REPORT

A Message from the Secretary's Desk

Hello everyone,
I do hope that you have all thawed out after the snow episodes and enjoying these wonderful warm spring days now.

Recently I sent out a form for authority to use photographs of members to use on our website or in our Newsletter. If you received one of these forms and for any reason have not returned it could you please ring me 3821873 as we will then know not to use those photos if you do not wish to be involved.

If you belong to the Total Mobility Taxi Voucher Scheme and you have not yet paid your annual administration fee of \$15 then I have a list of these people and if you request more vouchers I will be unable to provide them until you have paid this fee.

The Burwood Hydrotherapy Pool sessions are still going well and we have been delighted to see a few more members coming along on a Monday evening at 6.00pm to join us. It's very therapeutic and relaxing. Would really like to see more taking advantage of this "closed session" which means only amputees and associate members are able to access the pool area during our allocated time. So no general public to be gawping at us.

Do take care and I hope to see many of you at our Christmas Function in November this year. Ava.

CHUCKLE CORNER

ARGUMENT

There was a guy telling his friend that he and his wife had a serious argument the night before. "But it ended he said, "When she came crawling to me on her hands and knees." What did she say?" asked the friend. The husband replied, "She said, "Come out from under that bed, you coward"..."

POLITICAL SANDWICH

A prominent politician was pleased and proud that the local sandwich shop in a town he was visiting had named a sandwich after him. He was somewhat less pleased after he found out what was in it.

"Mostly baloney," said the proprietor of the shop.

Hints for Leg Amputees**Climbing Stairs and Walking Down Hill**

When you have to climb stairs and get into buses etc., always remember to use your good foot first. When you go downstairs or get off the bus, lead with your artificial foot. On escalators, step on and off with your good foot. When you are cycling, put your artificial foot on the pedal first and get off the bike with your sound foot.

Walking down a steep hill feels safer going step-by-step sideways, especially when you wear a basic Sach foot and your own foot is smaller than average. Below-knee amputees put the artificial leg down first and keep abnormal pressure off the tender distal end of the tibia by going sideways.

Before you decide to try step-over-step downstairs with feet facing forwards, be sure the grab rail is at your prosthetic side and your handbag or anything you are carrying is on your non-prosthetic side.

Reaching Goals

Set a small goal not only for a day but for a week so that you give yourself a chance to reach or maybe over-reach your limits. In early days, you might feel safe only walking around the house but checking the mailbox extends your limit before tackling the street or stepping down and up a kerb.

Picking Up

Picking things up off the floor demands a different balancing strategy. It isn't always possible to bend your knees keeping a straight back, so take a wide step sideways and bend from the waist.

Clothes

This applies mainly to males but can apply equally to females. You may find it easier to dress your artificial leg (including the shoe) before inserting your residual limb, then to dress your good leg. Some amputees have a zipper inserted in the inside seam of their trousers on their artificial leg – this makes dressing much easier. When you buy socks, buy two or three identical pairs. Put one sock on your artificial foot and leave it there all the time. If your artificial leg causes wear on your trousers, protect them with extra lining or a patch on the trouble spot

Training

A fun way to practice 'normal' walking is to push or kick a 7" diameter soft ball with your own leg while standing on your artificial leg beside a supporting chair. Then walk to where it stopped, pick it up and walk back to the kicking off chair. The aim, of course, is to kick it further each time and extend the practice walk.

Actuated ankles make fake feet fitter By Nidhi Subbaraman

A bionic foot with a battery pack could put the spring back in the step of people who wear leg prostheses.

Prosthetics company [iWalk](#) and an MIT team have designed a bionic ankle that uses energy from a battery to push the foot forward as the person wearing it takes a step.

When people walk, their calves and ankles do 80 percent of the work. As the pace picks up, muscles in the ankles take on more of the load, to push the leg away from the ground and move the body forward.

But the prostheses that people with leg amputations wear today are only designed to support the weight of the body. They're more of a prop than a pusher, and the wearers burn more energy while walking than they would with a natural leg. While this makes for a good workout, it makes walking slower.

The spruced-up foot design from the MIT Media Labs' [Biomechatronics Group](#) contains a battery that's activated while the person wearing it takes a walk. It builds on previous designs of the powered ankle that the lab and others have built, but "one of the biggest steps forward is that now it's condensed down into a small size," Alena Grabowski, who worked on the project, told me.

In earlier versions of the fake foot, all the electronics and batteries were carried separately in a backpack. But this foot is about the size and shape of a real leg. It weighs 4.4 pounds (2 kilograms), the average weight of the leg of a person who weighs 176 pounds (80 kilos).

So far, people who wear it like it. "They seem very excited and thrilled about it, and that's a very fun thing," Grabowski said.

Grabowski tested the prosthesis with several test subjects who usually wear commercial non-automated prostheses, to see how fast people walked, and how comfortably and easily they could do it. The results of the study are published in Wednesday's issue of the journal [Proceedings of the Royal Society B](#). "We could confirm with statistical power that the prosthesis was doing what it was supposed to do," Grabowski says. Further work will go toward making the bionic foot lighter and more stable, but in the meantime, iWalk is making plans to manufacture and sell this design.

More about bionic body parts:

- [Bionic arms are spreading wider](#)
- [Stretchy solar cells to power e-skin](#)
- [Robot walks 4.5 miles non-stop](#)

Boy who lost both his legs to meningitis scoops four gold medals at international championships for disabled athletes

by [Martin Fricker](#), Daily Mirror [5/07/2011](#)

A LITTLE boy who lost both legs as a baby has won four gold medals for Britain with artificial limbs bought with help from Mirror readers. Harvey Parry, five, sprinted to a series of brilliant victories in the international Endeavor Games. Delighted mum Carol, 48, said after her son's stunning performances: "Nothing can beat this. When my little boy lost his legs I never thought he would walk again, let alone run. And now he has four gold medals." Harvey's legs were amputated when he was 15 months old as he was fighting for life after contracting meningitis.

Last month he won the 20, 60, 100 and 200 metres in his category at the games for disabled people, held this year at the University of Central Oklahoma. It was the proudest moment in Carol's life. She said: "When his legs were amputated I thought he would always be in a wheelchair as he grew up.

Harvey's state-of-the-art prosthetic limbs need to be replaced every six to eight months as he grows. Through tireless fundraising they managed to collect £100,000 to pay for his first two pairs of legs. Mirror readers flooded the family with donations last year after reading about Harvey. And they paid for a third pair. The new legs, not available in the UK, were made for him in Sarasota, Florida. They have transformed Harvey's life. "He can put the legs on himself and he loves them. He's got a walking pair and a running pair and he swaps between the two. He runs everywhere. He's always running and I know one day he will represent Britain at the Paralympics."

Oscar Pistorius storms out of BBC Radio 4 interview

By [Laurie Hanna](#) 6/09/2011

BLADERUNNER Oscar Pistorius stormed out of a BBC interview after being asked if he was "an inconvenient embarrassment" to authorities. The sprinter, 24, made history last week when he became the first Paralympian to compete alongside able-bodied athletes at the World Championships in Daegu, South Korea. He won a silver medal as he helped South Africa take silver in the 4x400 metres relay - but was controversially dropped from the final after running in the heats. But he said he was insulted this morning when asked on Radio Four how his participation might be viewed by South African authorities and the International Association of Athletics Federations (IAAF). But it might also be said that you're a inconvenient embarrassment to the South African authorities and the IAAF because, effectively, you're taking them into uncharted ethical waters here.

"What's your reaction to that?"

Pistorius hit back: "I think that's an insult to me and I think this interview is over.

Teenager bounces back from Jet Ski accident, has high hopes with prosthetic limb

ORLANDO, Fla. - At that exciting age when most girls are taking their first steps into high school, 14-year-old Zoe Gibbs of Lakeland is taking her first steps period.

She is relearning what is second nature for most. Zoe has been on one leg since one unforgettable day this past Spring. On Easter Sunday, Zoe was on a personal watercraft with her cousin on Lake Gibson in Lakeland. Her cousin accidentally rammed into Zoe, severing her leg right below the knee cap. "Unfortunately, there was no way to save it. They didn't even find it actually," said Susan Gibbs, Zoe's mother. "Her first thoughts were 'I'm never going to play volleyball again.'"

Zoe remembers every moment of the accident, but not much of the initial recovery. The first three weeks in the hospital are fuzzy because of all the drugs I was on," she said. After eleven operations, countless setbacks, and several complications, Zoe was released from the hospital. And that's all behind her now.

Recently, Zoe's began the process of getting fitted for a prosthetic leg. She and her family makes frequent trips to Prosthetics and Orthotics Associates in Orlando where the team is designing her new limb and tweaking it so it fits perfectly. She's going to do great," said Stan Patterson, owner. "She has the type of spirit, the right type of attitude and a great family support."

On Friday, Zoe was active in her new leg for the first time. To be able to see her today there in the gym, doing what she was doing and knowing that by next season she'll be back on the court is very inspiring," said Susan Gibbs.

Although she's the team manager this season, Zoe insists there's no question about it -- she'll be back. Oh yeah, I'll be playing next year," she said

Posted: 09/02/2011 By: Ryan Raiche ABC Action News

If you know anyone who has an interesting story please let me know or even if you just want to share your experiences as an amputee. We have all been there folks and maybe you could help someone else overcome a problem or even give them a hand in their recovery or ongoing life. We are all here for each other thru thick and thin and yes even thru liquefaction and shakes. Hahaha so share your story with us be it good or bad.