

A STEP AHEAD

AUTUMN EDITION 2025



Amputees
Queensland

CENTRAL OFFICE

Ben Mathews Playground Community Centre
47-55 Ellen Street, Logan Central Qld 4114
PO Box 31, Kingston Qld 4114

Monday to Thursday 9:00am to 4:30 pm
Friday 9:00am to 2:30pm

T: 07 3290 4293 | W: www.amputeesqld.org.au
E: admin@afsg.org.au or lynda@afsg.org.au



facebook.com/AmputeesQLD



[amputees_queensland](https://www.instagram.com/amputees_queensland)



www.inhouseprint.com.au

We would like to thank InHouse Print & Design for the printing of our quarterly newsletter. Please contact them for all your printing requirements.

Disclaimer: Amputees Queensland Inc does not provide specific medical advice or endorse any specific treatment, technology, company or device. Consumers are advised to consult with their healthcare professionals.

From the Office!

Welcome to the Autumn Edition of A Step Ahead!!

We have certainly had a very hot and humid start to 2025! We hope that everyone enjoyed their break over Christmas.

We are now back and in full swing for another wonderful year to be had.



We have had our first few sessions already held in the office with our first being Cuppa & Craft held by our wonderful Local Division 2 Councillor Teresa Lane, this took participants out of their comfort zones and putting their inner artist be free and create a wonderful masterpiece of their own. Everyone thoroughly enjoyed this session. We look forward to bring a few more informative information sessions and some fun ones to you this year.

All our events, information sessions and news is kept updated on our website, socials and e-news, keep a look out for the new social group meetings near you!

As we are now back in the office so are our programs, these include the FREE adaptive exercise program, Tai Chi. These programs are fun and fully adaptive, they work on your balance and strength.

If you would like to share your amputation or limb difference journey you can contact me at the office or via email lynda@afsg.org.au. The sharing of your journey helps to raise awareness of amputation or limb loss, it help support individuals who have just lost a limb by seeing the accomplishments, resilience and strength that people have and how they find new ways to accomplish every day tasks.

A handwritten signature in black ink that reads "Lynda". The script is cursive and fluid.

Lynda Tilley | State Coordinator



Vale Ann Holding

Sadly, before Christmas Amputees Queensland lost Ann Holding, a long standing member, life member and peer support volunteer.

Ann lost her leg after several surgeries and finally arthritis which saw her become an above knee amputee.

Ann volunteered with Amputees Queensland and held many roles over her 30+ years, providing peer support pre and post amputation across the Northside of Brisbane as well as holding information displays at expos and events.

Ann and her husband Kevin were also part of the Management Committee and became Life Members in 2015.

Ann was known for her kindness and ability to connect with many amputees throughout the years. Ann always went above and beyond to ensure that individuals, their family and carers felt supported and empowered.

We were honoured to have been able to say our goodbyes at a beautiful service on 29 January, we will always cherish our fond memories of Ann.

Our deepest condolences go out to Ann's husband and family.



PEER SUPPORT VOLUNTEERS

ACACIA RIDGE

Mary Woods
0407 623 762

BEAUDESERT

Norm Urquhart
0456 995 358

BIRKDALE

Allan Churchward
0407 580 403

BRAY PARK

Kevin Holding
0415 558 974

BUNDABERG

Jan Baldock
0409 492 363

CAIRNS

Bernie Wolland
07 4098 5607

CARINA

Phil Taylor
07 3398 8722

GYMPIE

Anne Barron
07 5481 1361

GOLD COAST

Tracey Prosser
5528 8190

GREENSLOPES

Sid Dyson
0435 898 043

KINGAROY

Wayne Stenning
07 4162 3126

LOGAN VILLAGE

Kevin McIntosh
07 5546 3843

ROCHEDALE

Darren Wyer
0434 036 869

MACKAY

Marcia Andersen
07 4942 2334

MARSDEN

Chris Rice
0410 331 599

TOOWOOMBA

Annie Cathcart
0401 556 215

TANAH MERAH

Gina Bird
0414 915 540

SUNSHINE COAST

Peter Williams
0421 443 813

YOUTH GROUP

Josh Jones
0499 773 788

CLEVELAND

Lindsay Isenberg
0402 753 148

IPSWICH

Nathan Schuh
0434 067 299

"Any one of us could be affected by an unexpected life event or illness where peer support will be vital to our recovery and wellbeing"



Amputations in Australia

Limb amputation is one of the earliest forms of surgery, allowing a person to survive severe injuries and infections. Historically the main causes of amputation were trauma and wound infections.

However in first world countries trauma is no longer the main cause of amputations because:

- Emergency medicine has greatly improved and more limbs are saved because a person can be transported to hospital quickly.
- Some amputated limbs can now be reattached with microsurgery.
- The number of workplace accidents have dropped significantly due to Health and Safety laws.
- Surgical sterilisation techniques and antibiotics control most infections.

In a modernised country such as Australia the main causes of amputations are vascular disease and diabetes. Other causes of amputation are traumatic injuries, infections, tumours and congenital deformities.

Vascular Disease: Vascular disease occurs when the arteries in the legs become blocked. This condition can happen to anyone but is more severe in patients with diabetes. The narrowed arteries prevent the heart from pumping enough oxygenated blood to the feet, resulting in severe pain in the legs, foot ulcerations and ultimately gangrene of the toes/foot.

Diabetes: Diabetes is the cause of half of the amputations performed in Queensland. Diabetes does not just increase the severity of vascular disease it also reduces feeling in the feet and slows wound healing; resulting in foot ulcers. People with diabetes are more prone to skin infections and gangrene or sepsis may occur, resulting in amputation.



Trauma: Trauma resulting in amputation is most frequently related to motorcycle, motor vehicle and industrial accidents.

Other causes are home accidents and burns. Most upper limb amputations are caused by traumatic injury. Trauma is the most common cause of amputation for young adults. ♥

Your Goals, Our Priority

Supporting your journey to independence.

Custom Solutions

Designed by our expert rehabilitation team for personalised care.

Expert Experience

Our combined clinical and technical skills ensure the best outcomes.

Team-Oriented Care

A friendly and professional approach to help you reach your goals.

Innovative Technology

We use the latest research and technology for cutting-edge solutions.



(appt only)

Gold Coast

7 Pinter Drive,
Southport QLD 4215

Coolangatta

Level 9 - Building B
Southern Cross University
Southern Cross Drive
Coolangatta QLD 4225

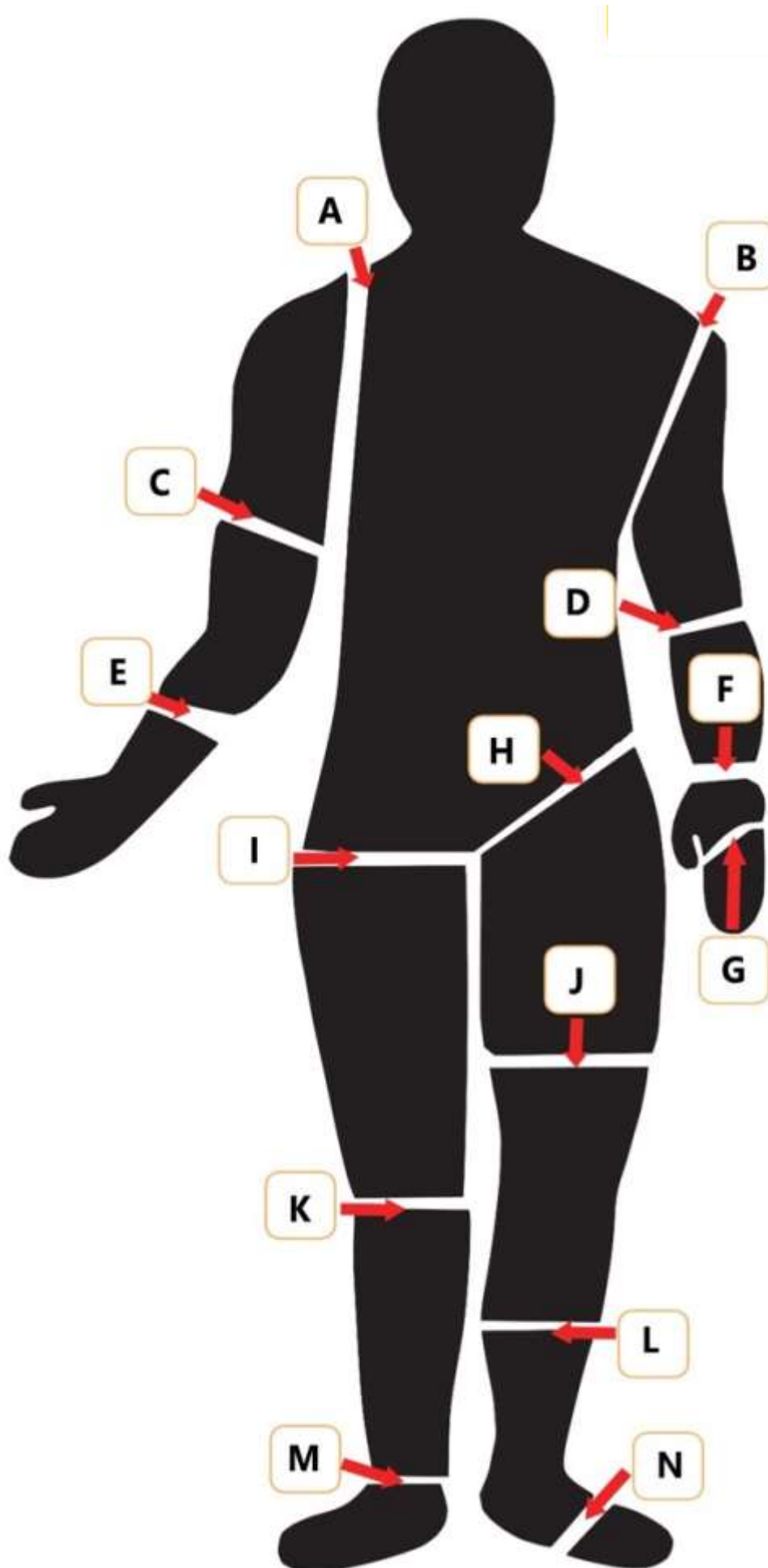


THE AUSTRALIAN
ORTHOTIC PROSTHETIC
ASSOCIATION CERTIFIED



REGISTERED
NDIS
PROVIDER

Amputation Levels & Names



A: Forequarter

B: Shoulder disarticulation
(through shoulder)

C: Trans-humeral
(above elbow)

D: Elbow disarticulation
(through elbow)

E: Trans-radial
(below elbow)

F: Wrist disarticulation
(through wrist)

G: Trans-carpal
(partial hand)

H: Hemiplevectomy
(through hip)

I: Hip Disarticulation
(through hip)

J: Trans-femoral
(above knee)

K: Knee disarticulation
(through knee)

L: Trans-tibial
(below knee)

M: Ankle disarticulation
(Syme)

N: Partial foot
(Chopart)

A man with a prosthetic leg is walking on a green golf course. He is wearing a blue polo shirt, white cargo shorts, and white sneakers. He is holding a golf club in his left hand. In the background, there are trees and a body of water with a fountain. The scene is bright and sunny.

ARTIFICIAL LIMBS & APPLIANCES

Helping Clients Achieve Life's Ambitions Since 1972

Servicing Brisbane, Sunshine Coast, Redcliffe/
Deception Bay, Toowoomba & Rockhampton.



an  oap^l. clinic



THE AUSTRALIAN
ORTHOTIC PROSTHETIC
ASSOCIATION **MEMBER**



facebook.com/ArtificialLimbsAppliances



instagram.com/alaprosthetics

Unit 1 - 67 Depot St

Banyo, QLD, 4014

07 3266 1255

info@alaprosthetics.com.au

www.alaprosthetics.com.au

DATES FOR THE DIARY

MARCH

6th Hearing Health
14th My Aged Care
19th Financial Information
26th Grocery Bingo

APRIL

2nd Be CPR Aware!
16th Day at the Farm
18th Good Friday
21st Easter Monday
23rd Grocery Bingo
25th Anzac Day

MAY

5th Labour Day
7th Logan Healthy Living
9th Mothers Day Luncheon
21st Logan Healthy Living
28th Grocery Bingo

All information sessions and support group details will be updated on the website and in our socials!

All sessions will be at our offices at Ben Matthews Playground Community Centre, Logan Central unless otherwise marked.

* Sunshine Coast Support Group Get Together's will be held at Maroochy River Golf Club, 374-514 David Low Way, Bli Bli at 10am.
Please RSVP sunshinecoast@afsg.org.au or call 0475 052 980.

** River Cruz Café, 3 Quay Street, Bundaberg Central. RSVP Jan Baldock—0409 492 363



CONNECT WITH THE ÖSSUR FAMILY HUB

Join Össur's community for amputees and elevate your learning experience. Connect with other amputees, access exclusive information and resources, and stay up to date with the latest advancements in prosthetic technology. Expand your horizons with captivating user stories, event announcements, clinics, and technology updates. Embrace the future of possibilities and join our Össur Family Hub community today.



Scan the QR CODE to
**Connect with the
Össur Family Hub**



Got a problem with a product or service you bought?

It is OK to complain if you have a problem with a product or service you have bought, such as:

- general products like groceries, clothes and household items
- disability products such as an assistive hearing device or mobility aids (including walker, wheelchair, motorised scooter or lift chair)
- services such as cleaning, cooking, personal care, gardening services, accommodation or case management supports.

You have rights if you have a problem with a product or service you have bought.

The Australian Consumer Law (ACL) protects you when you buy goods or services using your NDIS funding whether you buy something in-store, online, at home or over the telephone.



If you are not happy with a product or service that you have bought, you should contact the business and explain the problem and how you want it resolved.

If you do not want to talk to the business, or you are unhappy with their response, you can contact the consumer protection agency in your state or territory.

Queensland

Office of Fair Trading

Tel: 13 74 68

Web: www.qld.gov.au/fairtrading

Source: Licensed from the Commonwealth of Australia under a Creative Commons Attribution 3.0 Australia Licence. The Commonwealth of Australia does not necessarily endorse the content of this publication. Inquiries regarding this licence and any other use of this document are welcome at: Manager, Communications, The Treasury, Lanton Crescent Parkes ACT 2600. Email: medialiaison@treasury.gov.au 03/2019_1546



We guide you
EVERY STEP
of the way...

High levels of professional
care

Innovative Solutions

Latest Technology

Locally owned

Quality



Gympie

Rockhampton

Sunshine Coast

29a Mathew Street
NAMBOUR QLD 4560
07 5441 5135

reception@dynamicpno.com.au

www.dynamicpno.com.au



DPO

DYNAMIC PROSTHETICS & ORTHOTICS

The **ability** to change your life

Prosthetics and **Orthotics**
that look good, feel good
and function well



Peter Osborne



Anton Crous

Made for you by **experienced**,
caring professionals



APO Ability
Prosthetics
& Orthotics

Brisbane

Unit 1, 35 Learoyd Rd
Acacia Ridge QLD 4110

Toowoomba

Suite 1, 104-106 Russell St
Toowoomba QLD 4350

Townsville

137 Thuringowa Dr
Kirwan QLD 4817

T 07 3036 2862 E admin@apoqld.com.au W apoqld.com.au

Pro-Flex® Terra

One Foot. All Day.
Every Way.

Pro-Flex Terra is a multi-blade prosthetic foot featuring an innovative pre-compressed top blade and a soft heel. It offers a truly unique combination of compliance and flexibility typically associated with feet for low-activity users, and extraordinary energy return associated with feet for high-activity users. Designed to meet a wide range of mobility needs, Pro-Flex Terra adapts as they change throughout the day, ensuring users are ready for whatever the day brings! This foot provides the perfect balance of comfort and performance.



NEW
Pro-Flex Terra



Scan the QR Code to
learn more about our
NEW Pro-Flex Terra

www.ossur.com.au | 1300 123 268 | customer care.au@ossur.com



Explore our Pro-Flex range today - go.ossur.com/Pro-FlexFamilyANZ



Pro-Flex Pivot



Pro-Flex LP Align



Pro-Flex LP



Pro-Flex LP
Torsion



Pro-Flex XC



Pro-Flex XC
Torsion



Pro-Flex
Modular



Pro-Flex ST



Pro-Flex Terra

Infections

After the surgery check your scar and stump daily for any signs of infection. It is important to check your wound every day.

A healthy wound will have some swelling and discharge but the sutures will not be pulling apart and the wound will not smell bad.

After the surgery check your scar and stump daily for any signs of infection. Call your doctor or go to the emergency room of your local hospital if you notice any of the following symptoms:

- the scar has pulled apart
- there is a bad odour coming from the scar
- the scar or stump becomes red, hot or very swollen
- pus or thick discharge coming from the scar, normal discharge should be watery but pus will smell very bad and be yellow or green and thick
- a sudden increase in pain or a tender spot that feels hot
- you develop a fever
- blood clots

Blood Clots

When you are discharged from hospital you should receive instructions on avoiding blood clots and deep vein thrombosis. If you notice any of the following symptoms notify your doctor immediately or go to your nearest emergency room.

- Swelling in places away from the stump (ie. the thigh, the skin may be red and hot)
- Lower parts of the remaining limb becoming pale or cold
- Sharp pains in the leg
- Fever
- Dizziness
- Difficulty breathing or chest pain.

Changing a Wound Dressing

- Gather all the necessary equipment: new dressing,



soap, warm salt water or a purchased saline solution, surgical gloves, gauze and a small ziplock plastic bag.

- Have all the equipment ready on a clean surface. Remove jewellery from your fingers and wash your hands with soap and water for 15-30 seconds. Dry your hands on a clean towel and put on the gloves.
- Pull off the dressing carefully, place it in the plastic bag. Wash the wound by dabbing with gauze moistened in salt water. Remove all debris such as dry blood. Dry with a piece of clean dry gauze.
- Remove the gloves then wash your hands. Put on a new dressing and place all used items in a plastic bag for disposal. Wash your hands again. If there is wound leakage on clothes or bandages change them.

Wound Inspection

It is important to check your wound every day. It is natural to feel squeamish when you see a wound, especially your own, so if inspecting your wound is upsetting have someone else inspect it for you. A healthy wound will have some swelling and discharge but the sutures will not be pulling apart and the wound will not smell bad. ❤️

Experienced NDIS providers



**Southern
Prosthetics
and Orthotics**



SPAO aims to improve your mobility with our customised solutions that will help you meet your goals

Our focus is on improving your quality of life

- We create custom solutions designed by our entire rehabilitation team
- Our combined clinical and technical experience ensure optimised outcomes for you
- A friendly, professional and team-oriented approach assists you in reaching your goals
- We utilise the latest research and technologies to offer the most up-to-date solutions

We have access to all prosthetic components from all component manufacturers.



Gold Coast

7 Pinter Drive
Southport QLD 4215
goldcoast@spao.com.au
07 5532 0506
www.spao.com.au

Coolangatta (appt only)

Level 9 - Building B
Southern Cross University
Southern Cross Drive
Coolangatta QLD 4225















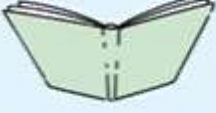








Wellbeing Bingo

Wellbeing Bingo is a fun way to keep yourself or the entire family active, motivated, engaged and having fun!

Looking after our wellbeing both mentally and physically is important for our health, it helps minimise the stresses and daily challenges of life!

Choose an activity every day, every week or once a month, you can decide what suits you! Flip a coin onto the grid and see where it lands!

So have some fun!

 Did some simple falls prevention exercises	 Had a video call with your grandkids	 Completed a craft item	 Connected with your kids and grandkids social media pages	 Took a break and relaxed
 Exercised	 Listened to music	 Went through old photos or created a 'this is your life' scrap book	 Made a meal for a friend	 Cuddled or took your pet for a walk
 Used a library service	 Used a new technology device	 Re-connected with relative or friend	 Completed Advance Health Directive	 Phoned a friend
 Watched or read something uplifting	 Decluttered	 Cooked a meal with ingredients you've never eaten before	 Meditated	 Laughed
 Sat in the sun	 Completed Enduring Power of Attorney	 Had a good night's sleep	 Had a check-up with a GP	 Watered your garden



PROSTHETIC SOLUTIONS FOR AN ACTIVE AND INDEPENDENT LIFESTYLE

Servicing South Brisbane, Toowoomba,
the Wide Bay & Ipswich

At oapl, we understand that having an amputation can be a traumatic and challenging experience.

With over 30 years in the profession, patient care is our heritage and our inspiration. Seeing the real life difference we make in patients' lives for us, is what it's all about.

With an extensive number of prosthetic and orthotic professionals around Australia, you can rest assured that oapl clinical care is always within reach.



BPO is now part of the oapl family

You can now find us in our new
state-of-the-art facility in Slacks Creek



Now Servicing Ipswich!



oapl South Side
4 Bowen Street, Slacks Creek 4127

oapl Hervey Bay
85 Beach Rd, Pialba 4655

07 2802 2164
www.oapl.com.au

Limb Loss & Grief:

5 Coping Strategies for New Amputees

Grief after limb loss is normal. Here are five things you need to know about coping with depression and anxiety after an amputation.

It is clear that an amputation affects individuals with limb loss in physical ways. But the emotional and psychological impacts of losing a limb are sometimes just as serious as the physical ones. The relationship between amputation, grief and depression is very real and, often, very strong.



Limb Loss and Grief

If you are experiencing grief or even battling clinical depression after limb loss, please know that you are not alone. Many individuals with limb loss go through this. It does not mean that you are weak in any way, or that you are being negative and it does not mean that your situation will not get better in time.

Why does grief often accompany an amputation? Feelings of grief can arise from any kind of meaningful loss – and the loss of a limb certainly counts. In the case of amputation, the absent body part itself is not the only loss you suffer. Amputation also leads to many other kinds of losses.

Physical Changes Due to Limb Loss

Physically, the loss of the limb may represent the loss of function. Whether or not you choose to use a prosthetic, there are many long term physical effects of amputation. Without your leg, how can you stand or run or dance? Without your arm, how will you write, draw, type, throw a ball, or cook a meal?

Your limb loss can also leave you with physical pain. In addition to the pain you experience in your residual limb, you might suffer from phantom limb pain. This pain can be difficult to relieve since your missing limb isn't physically present to be treated. Of course, being in pain affects your physical wellbeing – and your emotional wellbeing, too.

Emotional Effects of Limb Loss

An amputation can make you feel less than whole emotionally. Along with the loss of function, you might experience other losses, too: the loss of the joy of doing your favourite activities, the loss of your dreams.

You don't have to feel hopeless because of the amputation. Prosthetic limbs can help you regain some of the functions you have lost. You can find different ways to achieve your dreams and get involved in your favorite hobbies. You can also set new goals for life after the amputation and discover new pastimes that you can enjoy without your missing limb.

However, it's still okay – healthy, even – to grieve for what you have lost even as you search for ways to move forward.

FEET FIRST Orthotics & Prosthetics



WORKING HOURS

Monday - Friday

9:00 am - 5:00 pm

Address: 2/39 Technology Drive
Warana Sunshine Coast 4575

Phone: 07 5493 4294

Fax: 07 5438 8985

Email: feetfirstorthotics@yahoo.com.au

Website: www.feetfirstortho.com

*Prosthetic and Orthotic service
providers on the Sunshine Coast,
Noosa Ville and Moreton Bay Region*



Dealing With Limb Loss Alterations in Body Image

Another common cause of emotional turmoil for amputees is the change in appearance that results from missing a limb. The link between limb loss and body image is complex. When you lose a limb, you might feel self-conscious about your appearance and what others think of you.

Choosing a natural-looking, life-like prosthetic limb can help you blend in more after your amputation if your body image concerns revolve mostly around looking different or standing out from others. It is also important, though, that you accept these changes in yourself.

Remember that you have plenty of good points to celebrate. Focus on what you like, not just on your appearance, but about your whole self. Work with your medical providers to make lifestyle decisions about diet and exercise that will help you feel better physically and emotionally – because when you feel great, you are more likely to develop a positive body image, too.

The Grieving Process

After going through limb loss, grieving is a normal process. It is also normal, however, for people to experience limb loss grief in different ways.

The grieving process may last longer for some people than for others. You may go through several stages of grief – but not everyone goes through every stage in the same order, or even at all. You may find that the coping mechanisms that worked well for other amputees aren't the most effective for you. All of this is okay. Your grief is personal, and so is the process of coping with it.

Five Steps to Coping With Limb Loss Grief

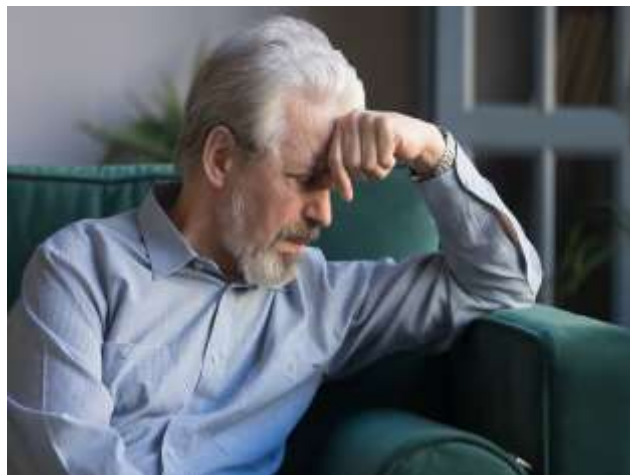
1. *Recognize your feelings*

There is no shame in feeling, angry, frustrated, sad, or dozens of other negative emotions when you have been through something as traumatic and life-changing as an amputation. Often, working through the complicated emotions that accompany loss requires you to first acknowledge those feelings – and accept that it's okay to feel that way.

It is true that a positive attitude can help you through the challenges of rehabilitation. However, it is just as true that no one can be completely positive all of the time. In fact, trying to ignore or hide negative feelings like anger, rather than accepting and coping with them in healthy ways, can lead to the development of depression.

What you have been through has been difficult. There is no one right way to feel after an amputation. You may feel like your emotions are all over the place – roller coaster-like highs and lows of emotion. Whatever your feelings are, they're valid. They deserve to be expressed and addressed, not hidden.

With time, those feelings will become less intense and you will feel them less frequently – especially if you find new meaning or a purpose to focus on.



2. ***Don't hold in negative feelings – express them***



There are many different ways you can express these feelings. Some individuals with limb loss prefer to write down their thoughts. You can keep a journal or write a letter, even if you never plan to send that letter.

If you do not feel that words do enough to convey your feelings of grief, consider another medium that does. Draw or paint a picture. Sing or play a song that means something to you. Build something. You do not have to be a skilled artist or crafter. The quality of however you choose to express yourself does not matter. All that matters is that you have the opportunity to deal with these emotions and that you are not keeping them inside.

Finding methods of self-expression that allow you to vent negative feelings is important. However, sometimes you need support from others. That is why talking to your loved ones or people you trust most about your feelings.

Let your loved ones know that you are looking for a place to talk honestly about your grief – not for someone to just cheer you up or get your mind off of the negative. It is likely that the people closest to you, too, are feeling some grief related to your loss. Sharing your grief with the people closest to you can help strengthen those relationships during such a tough time – as well as communicate your feelings.

3. ***Focus on the journey, not the destination***

As you work toward physical rehabilitation, you might hear that it is the journey toward recovery, not just the destination, that counts. For patients coping with a serious injury – and the loss of a limb definitely counts – rehabilitation can be a journey of hundreds of baby steps.

If you focus only on the difference between where you are and where you eventually want to be, you are likely to get discouraged. Looking instead at the progress you have made – at how much better you are doing than yesterday, or last week, or last month – can help you see how far you have come. As much as you want to be completely recovered *right now*, you can not rush your rehabilitation. It takes time. When you focus on the journey and not the destination, you can see that slow progress is better than no progress.

Like physical rehabilitation, grief is a process rather than a single event. You cannot rush yourself through the process of coping with a life-altering loss. Grieving the loss of a limb – and all that limb represents to you – takes different amounts of time for different people. You may think that you are over the grief one day, but realise the next day that you are still struggling with denial, anger, or depressed feelings. There will be ups and downs, but remembering that each day is just one part of a larger journey can help you weather those ups and downs.





Maximise your ability after amputation

Specialist Physiotherapy
for people living with amputation

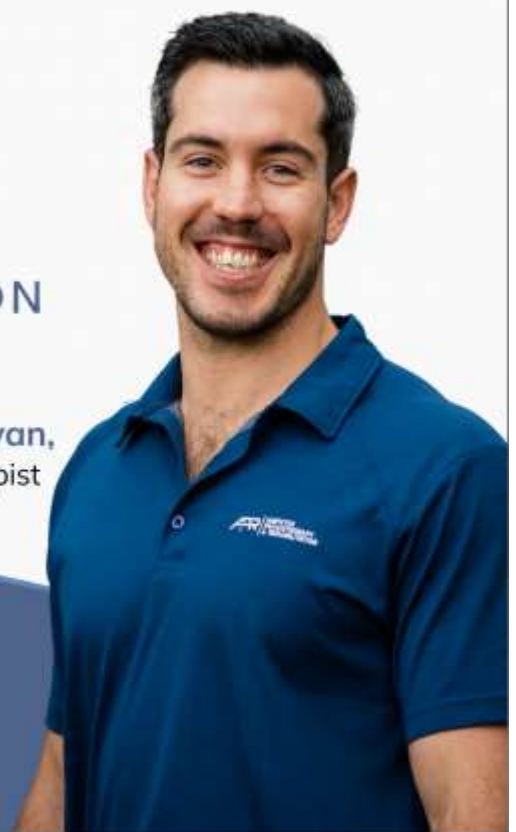





AMPUTEE
PHYSIOTHERAPY
& REHABILITATION



REGISTERED
NDIS
PROVIDER

Shea Teevan,
Physiotherapist



 www.amputeephysiorehab.com.au
 enquiries@amputeephysiorehab.com.au
 +61 459 545 186

4. *Talk to someone who's been through an amputation*

Though you might feel alone in dealing with limb loss, in Australia, there are some 8000¹ lower limb amputations performed annually, this figure does not include upper limb amputations and nearly all of them have dealt with grief, just as you are coping with it now.

Sometimes simply knowing that other people are facing – and somehow overcoming – the same challenges as you can be enough to give you hope. Even venting the frustrations you feel as a result of the amputation to someone who has been there and really knows what you are going through can help. Whether talking about a problem helps you find actual solutions or just feel that your voice is being heard, the experience can be uplifting.

Many amputees find comfort in peer support, peer support allows you to share problems, suggestions, and successes with fellow amputees. You can commiserate with and inspire each other.



5. *Find a purpose that gives your life meaning*

One of the best things you can do while grieving is look for something that gives your life purpose. Some amputees look for some kind of spiritual meaning or “higher purpose” that explains why they had to endure this disability, the Journal of Clinical and Diagnostic Research reported. Others are not looking for an explanation or rationalization, but rather a way to feel useful, get involved, or build relationships as part of the adjustment to their new lives.

What kind of purpose should you look for? There is no single right answer. For some amputees, it's a cause related to limb loss, like raising awareness for vascular diseases or becoming a peer support volunteer. But your purpose does not have to have anything to do with amputation. Anything that gives you a reason to work toward recovery, a boost to your confidence and self-esteem, and a sense of motivation or belonging can be a positive addition to your life after limb loss.

Amputation and Depression

Most of the time, the emotional changes you experience after losing a limb can be chalked up to normal feelings of grief. Sometimes, though, amputees go on to experience clinical depression after losing a limb.

Many of the tips for coping with grief can also help you if you are experiencing depression – but they

1. Australian Institute of Health and Welfare (2012) Procedures data cubes. Canberra: Australian Government.
Article Reference: 2023 by Console and Associates



Financial Information

Join us and the experts for some tips on how to save money on your day to day living costs.

We will be joined by the team from Services Australia, Logan Water and the team from Energy4Seniors.

Financial Information is a **Healthy Ageing Hub** event, providing healthy-ageing information and support for older people (50 years and older, their families and carers in our community).

Date: Wednesday, 19 March 2025

Where: Ben Matthews Playground Community Centre
47-55 Ellen Street, Logan Central

Time: 10:00 am followed by morning tea

Cost: Free

RSVP: Please contact Lynda on 3290 4293 or
admin@afsg.org.au for catering purposes

This activity is supported by funding from the
Australian Government through Brisbane South PHN.





sunshineorthopaedic
services

Providing Prosthetic & Orthotic services across the
Sunshine Coast and Gympie



Opening Hours: Monday to Friday - 8:00am to 4:30pm
Located at our new clinic 6/6 Machinery Ave, Warana QLD 4575



07 5441 2488 | info@sunshineorthopaedics.com.au



[facebook.com/SunshineOrthopaedicServices](https://www.facebook.com/SunshineOrthopaedicServices)



THE AUSTRALIAN
ORTHOTIC PROSTHETIC
ASSOCIATION MEMBER



We supply, fit, certify, train
and support you on your
continuing journey



- wheelchair accessible vehicle hire
- wheelchair lifts & loaders
- personal transfer hoists
- swivel seats
- hand controls
- left foot accelerators
- spinner knobs & more...

2/24 Carroll Street, Toowoomba QLD 4350

PH 1300 620 774 EMAIL info@rebenmobility.com.au

WWW.REBENMOBILITY.COM.AU

Energy Expenditure of Amputees

Even long-time amputees still have things to learn about amputation or simply need to be reminded of certain issues. This article addresses how energy expenditure plays a large role in the lives of amputees. (The article addresses the issue of energy expenditure in relation to lower limb amputees, but the general information is applicable to upper limb amputees as well.)

Energy Issues

Leg amputees tire more quickly than their peers on an outing or may not be able to keep up the same pace. Their amputation is the reason for this - let's look at specifically why ...

In Physical Therapy Management of Lower Limb Amputations by Gertrude Mensch and Patricia M. Ellis, quoted studies indicate that an amputee who walks the same distance as a non-amputee will have a higher level of oxygen consumption. For example, quoted figures for amputees with vascular deficiencies compared with non-amputees indicate an increase in oxygen consumption for:

- below-knee amputees from 9% to 20%
- above-knee amputees from 45% to 70%
- bilateral above-knee amputees up to 300%

This increased oxygen consumption is the reason amputees seem to get out of breath much more quickly - they need more energy to do tasks, even simply walking across a room, and therefore, need more oxygen. Of course, the higher the level of amputation, the more energy required to walk.

You have likely also noticed that leg amputees tend to walk more slowly than their peers.

Below-knee amputees, for example, using the same amount of energy as non-amputees, will generally walk 22% slower. To keep up with others, leg amputees need to increase their walking speed which means they end up using more energy and thus needing more oxygen (and get out of breath more quickly) than the non-amputee.



Energy Expenditure of Amputees cont.

The length of the amputee's residual limb also comes into play - amputees with long residual limbs average a 10% increase in energy expenditure whereas those with short residual limbs average a 40% increase above normal.

Here are some other points that also put things into perspective:

Just an upwards slope in the terrain of 10% doubles the energy required, and a 20-25% slope triples it. You also use more energy going on a downward slope than you use on level ground, as you have to work to keep your body from rushing or falling headlong.

Carrying extra weight is done most efficiently on the head, somewhat less efficiently on the back, still less efficiently in the hands, and least *efficiently on the feet*. Therefore, when you add weight to an artificial limb, it increases energy use - just an increase of two half pounds (1.13 kg) to shoe weight will increase energy use by 5-10%. This is why in winter when amputees start wearing heavy winter boots they notice they get tired more quickly.

Soft or uneven ground can increase energy use by 40% or more.

Climbing stairs greatly increases energy use, and even descending stairs increases energy consumption by 1/3.

When you are tired or not feeling well, you also use more energy to walk.

Conclusion

Leg amputees use more energy because of imbalance, the weight of the artificial limb and the effort it takes to make it move. Many other factors from wearing heavy footwear, to going up and down slopes to your general physical health, all come into play.

To help ensure you have the extra energy you require to use an artificial limb and to control your weight to maintain a comfortable fitting, you should:

- eat healthy well-balanced meals; and
- exercise regularly and appropriately.

Doctors and dietitians agree that exercise and a healthy diet are the answer. Of course, your personal circumstances determine what your capabilities and limitations are. If you are unsure whether you are doing all you can to deal with the additional energy expenditure and weight control issues that affect amputees, you should consult your doctor.



**Servicing North Queensland
for over 20 years**



prosthetics  **orthotics**

*Providing a local service
for local people*

4a Canberra Street,
North Mackay QLD 4740

Phone 07 4953 5738

218 McLeod Street,
Cairns QLD 4870

Phone 07 4041 4715

Suite 2, 16 Casey Street,
Aitkenvale, **Townsville** QLD 4814

Phone 07 4775 1323

www.sssprosorth.com.au



REGISTERED
NDIS
PROVIDER



THE AUSTRALIAN
ORTHOTIC PROSTHETIC
ASSOCIATION **CERTIFIED**

GROCERY BINGO

**Grocery Prizes | Lucky Door Prize | Raffles
Morning Tea | Onsite Parking**

When: Wednesday, 26 February 2025
Wednesday, 26 March 2025
Wednesday, 23 April 2025

Time: 9.00am (9:30am heads down)

Where: Ben Mathews Playground
47-55 Ellen Street, Logan Central

RSVP is essential for catering purposes.

RSVP to Lynda on 3290 4293 on the Friday before each Bingo session.



Healthy Snacks

It's that time of year when we are looking for quick healthy snacks to take on the go or even a delicious healthy dip to share with friends and family.

Nut Free Bliss Balls

Ingredients

- 1 Cup Pitted Medjool Dates - (approx 220 grams)
- ½ cup Desicated Coconut
- ½ cup Sunflower Seeds
- 2 tablespoons Unsweetened Cocoa Powder
- 1 teaspoon Vanilla essence
- 2 tablespoons Coconut oil - melted



Instructions

1. Remove seeds from dates. (This is easier to do if dates are at room temperature)
2. Add all ingredients into a food processor or high speed blender
3. Blitz for 30 to 50 seconds until a crumb has formed
4. Roll into 9 balls
5. Keep in the fridge in an air tight container for up to 4 days



Ultimate Tomato Salsa

Ingredients

- 4-6 Medium Tomatoes, peeled and finely chopped
- ½ red onion, very finely chopped
- 1 Small Garlic Clove, chopped
- Small splash of white wine vinegar
- ½ bunch of coriander

Instructions

1. Peel and finely chop tomatoes and red onion
2. Chop garlic clove
3. Juice the lime
4. Roughly chop coriander
5. Combine the tomatoes, red onion, garlic, white wine vinegar, lime juice and coriander in a bowl. Stir, then refrigerate until ready to serve.



FREE

Chiropractic Care

Did you know that Chiropractors may help with neck pain, headaches, shoulder pain, back pain, arthritis, stiffness and soreness.

Date: Every Tuesday

Where: Ben Matthews Playground Community Centre
47-55 Ellen Street, Logan Central

Time: 10am to 1pm (by appointment only)

Please contact Lynda on 3290 4293 for an appointment.



MEMBERSHIP FORM



Amputees Queensland

Date: _____

☐ New

☐ Renewal

Name: _____

Partner: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____

Date of Birth: _____

Limb/s amputated: _____

Cause of amputation: _____

Membership Contribution

Yearly membership - (1 July to 30 June)

☐ \$15 Individual

☐ \$20 Families/ Pensioner Families

☐ \$25 Organisations

☐ I would like to make a donation of \$ _____

☐ I would like someone to contact me about volunteering.

☐ I have paid via direct deposit to Heritage Bank | BSB: 638070 | Account: 11471050.

Please us first initial and surname in the reference field.

☐ I have paid via pay pal at www.amputeesqld.org.au

☐ I enclose my Cheque / Money Order to the value of \$ _____
for membership and/or donation.

Signature.....Date:.....

Complete application and return with payment to:

Amputees Queensland Inc.
PO Box 31, Kingston QLD 4114
Email: admin@afsg.org.au
Telephone: 07 3290 4293

A man with a prosthetic lower leg is running through the ocean surf. He is wearing a black wetsuit and carrying a blue surfboard under his arm. The background shows a sunset or sunrise over the ocean with a cloudy sky.

ottobock.

“
*This is
a whole
new level of
freedom.*

Caleb

Genium X4.

#WhatsYourNextMove

ottobock.com.au