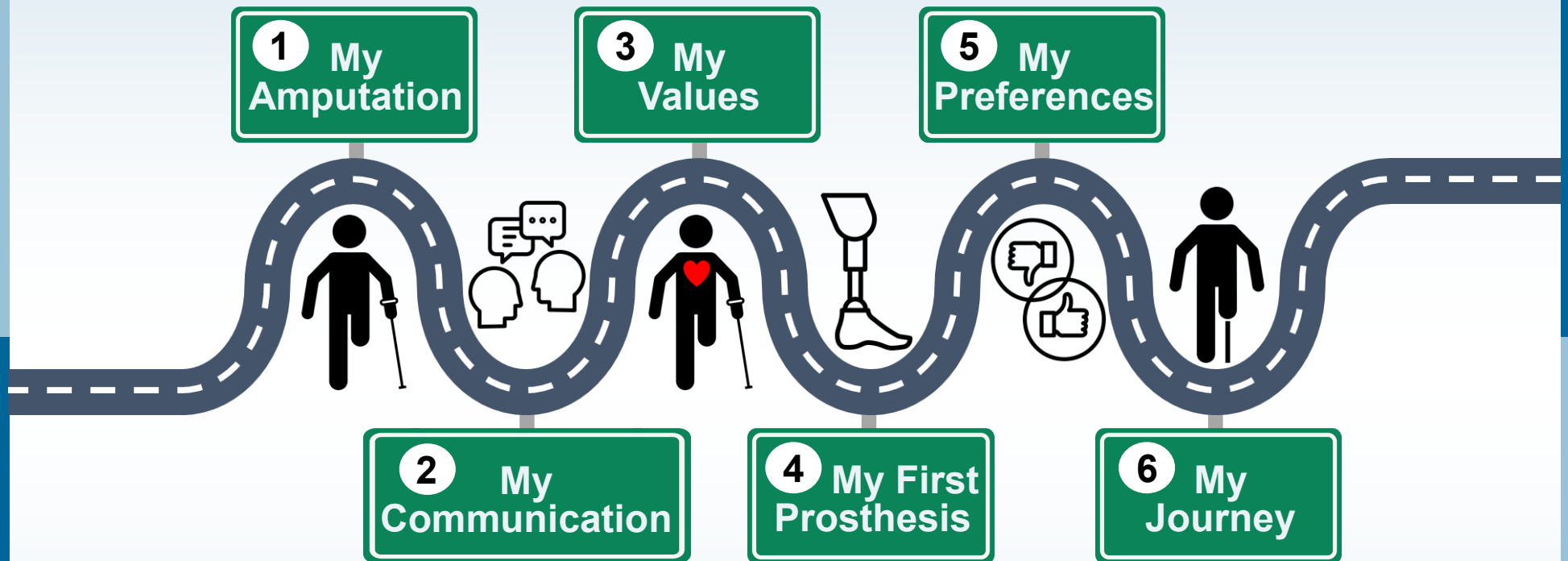


DECISION-MAKING AID FOR LOWER LIMB PROSTHETICS



This tool is designed to help you and your prosthetist work together with your care team to make the best prosthesis for you.

This tool shows decisions that may come up in your journey.

Use and review at your pace, or stop and return to it later in your journey.

1

My Amputation

Everyone's recovery is at a different pace.

Everyone's healing process is unique.

It is normal to have strong feelings
after amputation.

**Talk with your rehabilitation team about
your healing timelines and needs.**

Lower Limb Amputation

Amputation is a surgery to make the most functional and healthy residual limb possible.

Recovery after amputation may include:

Managing swelling:

Shrinker • Rigid dressing
Post operative prosthesis

Managing tight muscles:

Stretching • Positioning
Therapy

Building strength:

Exercises • Balance • Stairs
Endurance • Preventing falls
Moving around your home



**Based on your
abilities, assistive
devices may help you
move in your home and
elsewhere:**

Shower Bench
Wheelchair
Walker
Crutches
Cane

Emotional support may help you through your life with amputation:

Counsellors • Doctor
Faith Leaders • Family • Friends
Social Workers
Mental Health Providers
Occupational Therapist
Psychiatrist • Psychologist
Physiotherapist

RESOURCE

Emotional and Peer Support

There are many organisations that help connect people with amputation to peer and emotional support. Talk with your rehabilitation team about how to find the best resource for you.



My Communication

2



You and your prosthetist and wider clinical team will work together to determine if a prosthesis will be useful for you.

There are many prosthesis options, and a lot of information.

Share with your prosthetist how you would like to talk about this information.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. When there is more than one option for a part of my prosthesis, I should be told about each one.*	☐	☐	☐	☐	☐
2. I believe that my prosthetist needs to know everything about my medical history to take good care of me.*	☐	☐	☐	☐	☐
3. I would prefer my prosthetist make decisions about my prosthesis rather than give me a lot of choices.*	☐	☐	☐	☐	☐

Your prosthetist will ask you questions to help design the best prosthesis for you.

What does your normal day look like?
Who helps or supports you at home?
What do you do for work and fun?

What do you see yourself doing with a prosthesis in a year?
What are your concerns?

*Adapted from: Flynn KE, Smith MA, Vanness D. A typology of preferences for participation in healthcare decision making. Soc Sci Med. 2006 Sep;63(5):11 58-69. doi: 10.1016/j.socscimed.2006.03.030. Epub 2006 May 11.

My Values

3

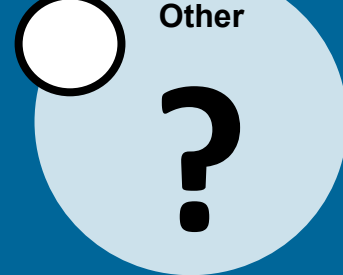
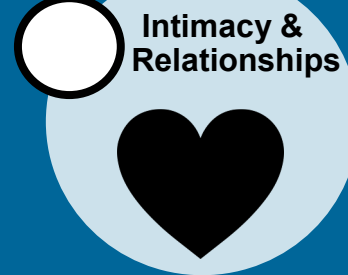
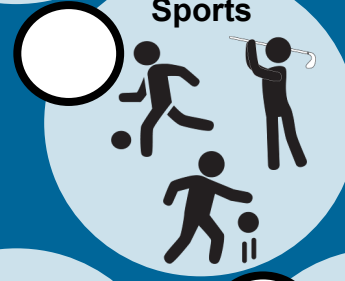
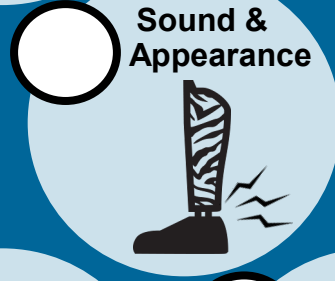
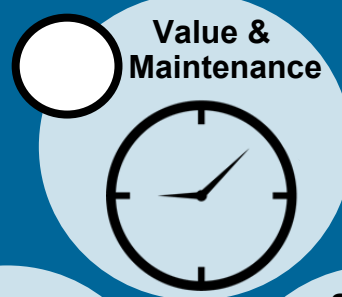
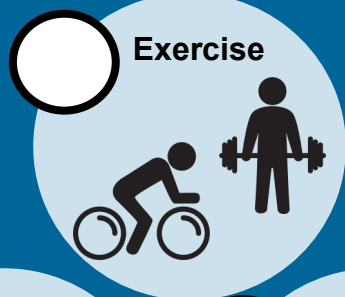


Your values, goals, and lifestyle will help to inform the best prosthesis design for you.

Your values and priorities may change over time.

What is important to you for your first prosthesis?

Take time to consider and number your priorities.



My First Prosthesis

4



You and your prosthetist and wider clinical team will work **together** to design the best prosthesis for you.

There are many parts that go into a prosthesis, with pros and cons for each part.

Talk with your prosthetist about your prosthesis options.

Liner: A soft interface that is put over your leg before putting on the prosthesis.

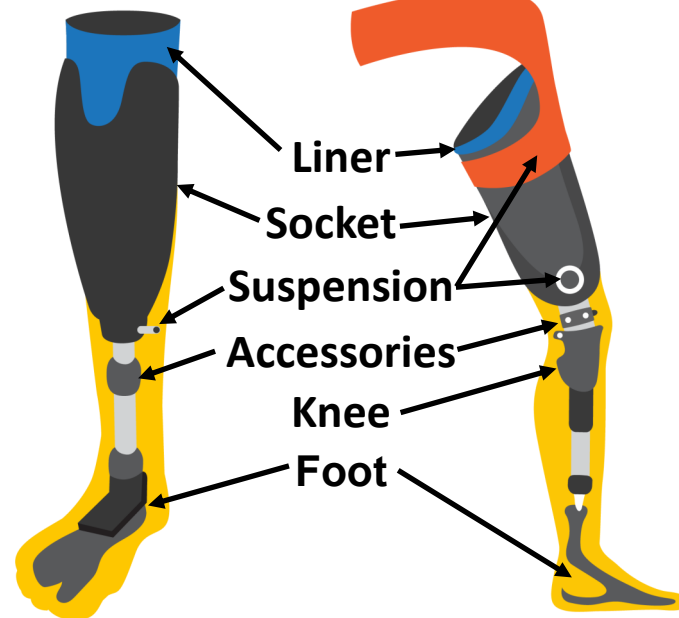
Suspension: How a prosthesis holds on to your leg.

Foot: The bottom part that is used to stand, balance, walk, and for activities.

Accessories: Additions to a prosthesis that may help with activities or appearance.

Below Knee Prosthesis

Above Knee Prosthesis



Socket: A part that is custom fit to your leg. A new prosthesis user will often get many different sockets in the first 1-2 years.

Knee: A part for people with through and above knee amputations that allows the prosthesis to bend for sitting, walking, and other activities.

AVAILABLE PROSTHESIS OPTIONS

Other factors and resources may influence your prosthesis design and available prosthesis options.

Talk with your rehabilitation team about resources for learning about what prosthetic options are available to you.



My Preferences

5



Options for a prosthesis may be different in ways that matter to you.

There are many ways to develop preferences for options.

Ask your prosthetist questions to find what works best for you.

Exposure to options and using a prosthesis is the best way to find what you might like.



Pictures:

What does it look like?

Show and tell:

Are there opportunities to hold and feel this option?

Videos:

Are there ways to watch how it works?

Other people with amputation:

Talk with your rehabilitation team about how to connect with other people who are using the option to learn about their experience.

Product Trials:

Are there ways to get experience using this option?

My Journey

6



Everyone's timeline for getting a prosthesis and learning to use a prosthesis is different.

Your prosthesis design may change as your body, life, and goals change over time.

Talk with your prosthetist and wider clinical team about potential decisions in your journey.

Prosthesis Training

- Physiotherapy
- Occupational Therapy
- Prosthetist
- At home
- In clinic
- At a rehabilitation centre

Prosthesis Changes

- Your prosthesis may need changes in the first 1-2 years.
- New sockets
 - Suspension
 - Liner
 - Foot
 - Knee
 - Alignment

Limb Changes

- Revision Surgeries
- Volume/Size/Shape
- Pain
- Bone
- Skin
- Muscle

Getting a Prosthesis

It may take several visits and weeks to make your prosthesis. Prosthesis design will be determined in the first 1-2 visits.

- Meeting prosthetist
- Measuring
- Fitting
- Delivery
- Follow up

Life Changes

A prosthesis may need to change to meet your needs over your lifetime.

- Goals
- Values
- Activity
- Changing family
- Pregnancy/Maternity
- Care responsibilities
- Being cared for
- Social support
- Job
- Environment

Clinical Need

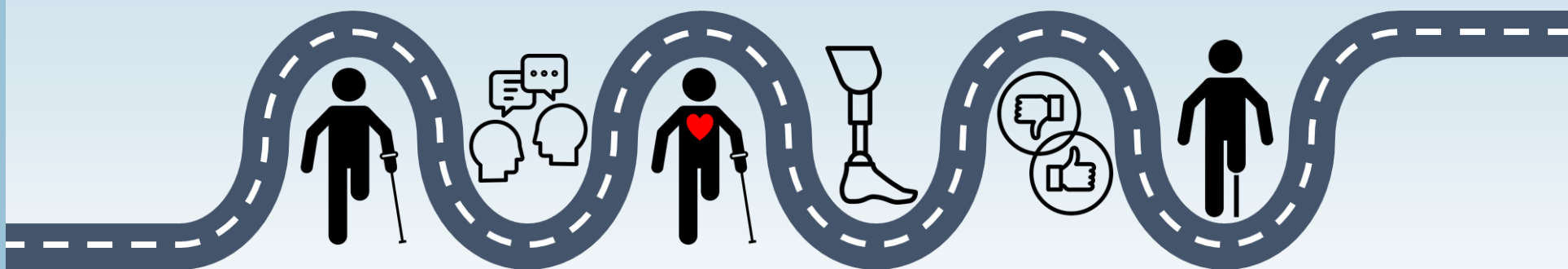
Prosthesis changes may depend on changes to your life, leg, health, or barriers you might encounter.

- Activity
- Health
- Pain
- Limb volume/shape
- Surgery
- Skin

Age & Health Changes

- Arthritis
- Weight
- Balance
- Vision
- Hearing
- Strength
- Health
- Diet

My Journey



As you go through your journey, take notes on your questions or thoughts to discuss with your prosthetist and care team.

Copyright © 2022, The Regents of the University of Colorado. Some rights reserved. The creation of derivative works and the use of this publication for commercial uses are not permitted. If a commercial use or the development of a derivative work is of interest, please contact chelsey.anderson@cuanschutz.edu to establish a license agreement. University of Colorado hereby disclaims all liability associated with the use or adoption of the information provided herein. User shall remain liable for any damages resulting from their reliance on this information. The content is solely the responsibility of the authors and does not necessarily represent the official views of medical centers. The material provided on this infographic is intended for informational purposes only and is not provided as medical advice. Any individual should consult with their own physician before determining if a prosthesis and what prosthesis design is right for them.