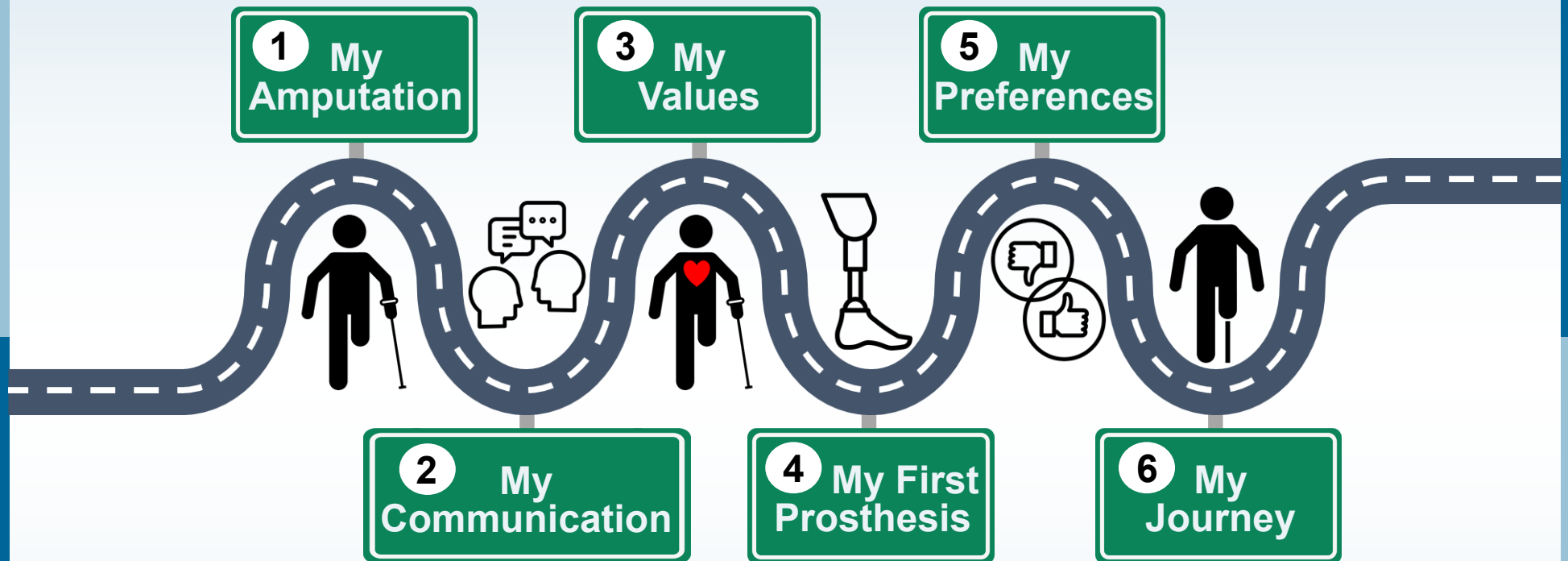


DECISION-MAKING AID FOR LOWER LIMB PROSTHETICS

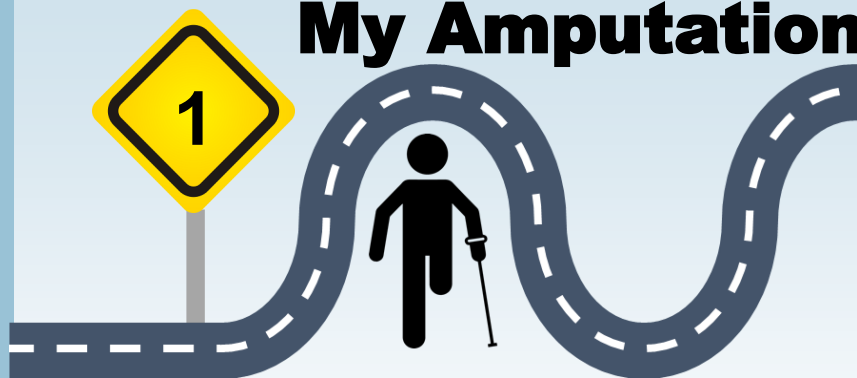


This tool is designed to help you and your prosthetist work together with your care team to make the best prosthesis for you.

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.

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 health provider 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
life places:**

Shower Bench
Wheelchair
Walker
Crutches
Cane

Emotional support may help you through your life with amputation:

Family • Friends • Clergy
Social Workers • Counselors
Mental Health Providers
Psychologist • Psychiatrist
Physician • Physical Therapist
Occupational Therapist
Prosthetist • Peer Support

RESOURCE

Emotional and
Peer Support

<https://www.amputee-coalition.org>



My Communication



You and your prosthetist 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



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?

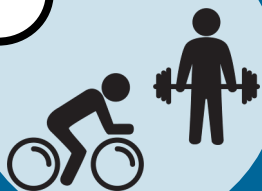
Take time to consider and number your priorities.



Household Tasks



Exercise



Heavy Work



Cost & Maintenance



Travel



Clothes & Shoes



Family & Caretaking



Sound & Appearance



Sports



Comfort & Health



Outdoors



Intimacy & Relationships



Yard Work



Other



My First Prosthesis

You and your prosthetist 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.

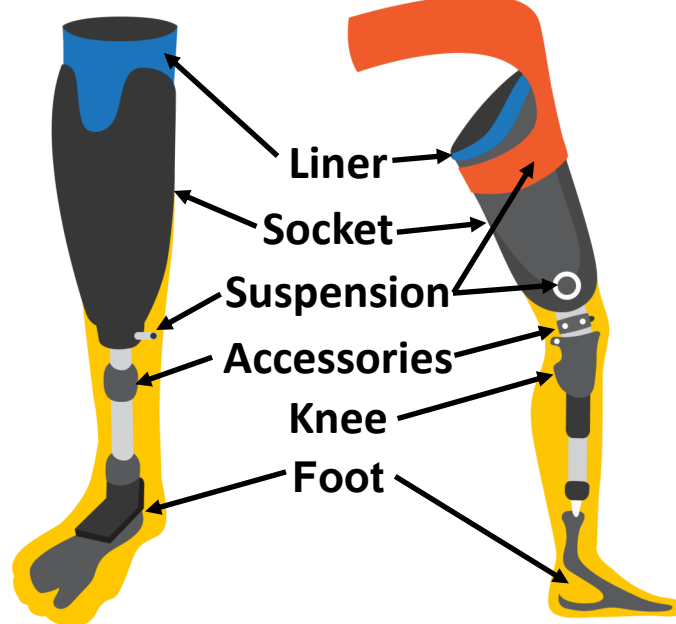
Suspension: How a prosthesis holds on to your leg.

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 above knee amputations that allows the prosthesis to bend for sitting, walking, and other activities.

COST OF A PROSTHESIS

Insurance, programs, and resources may influence the cost of a prosthesis and available prosthesis options.

RESOURCE: <https://www.amputee-coalition.org>

Medicare • Medicaid • Private Resources • Out of Pocket • Copays



My Preferences



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:

Connect with other people who are using the option to learn about their experience.

RESOURCE: <https://www.amputee-coalition.org>



Manufacturer Trials:

Are there ways to get experience using this option?

My Journey

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 about potential decisions in your journey.

Prosthesis Training

- Physical Therapy
- Occupational Therapy
- Prosthetist
- At home
- In clinic
- At a rehabilitation center

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

Medical Necessity

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

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

Life Changes

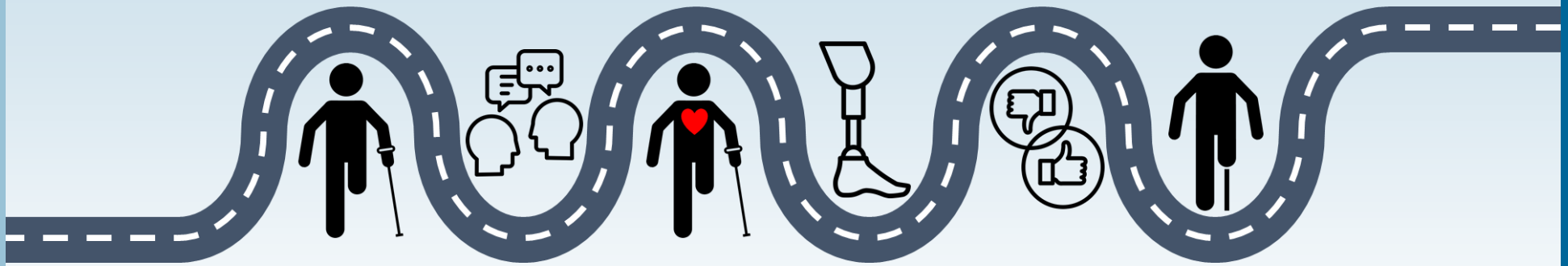
A prosthesis may need to change to meet your needs over your lifetime.

- Goals
- Values
- Activity
- Changing family
- Maternity
- Caretaking
- Being cared for
- Social support
- Job
- Environment

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.

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