

## Exercising while wearing a prosthesis

For many people, it takes time to build their endurance to be able to walk long distances.

However, being able to walk with someone helping you will allow you to exercise in other ways, for example, standing to perform an exercise programme. This can be used to strengthen your balance.

## Contact details for:

### The POLAR Programme

Prosthetic, Orthotic, Limb Absence Rehabilitation

Administration:

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### National Rehabilitation Hospital

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[www.nrh.ie](http://www.nrh.ie)



The National Rehabilitation Hospital is accredited by CARF (Commission for accreditation of Rehabilitation Facilities) for a range of services, confirming they meet recognized international standards



National Rehabilitation  
University Hospital

Ant OspidéalN áisiúnta Athshlánúcháin

## Benefits of Walking with Help



### A Guide for Patients

### The NRH POLAR Programme

Prosthetic, Orthotic, Limb Absence Rehabilitation

## Benefits of Walking With Help

Being physically active is important for all people including those who have lost a limb.

After loss of a limb there is a greater risk of health-related changes such as weight increase, difficulty with mental health and reduced fitness.

In many cases this is due to an inactive lifestyle. This can lead to risk of illness, including:

- Diabetic complications
- Hypertension (high blood pressure)
- Raised cholesterol levels

Having someone help you return to walking can help you regain some of your fitness.

The Interdisciplinary Team at the National Rehabilitation Hospital will help you to maximise your ability to walk, and will provide training to your family or carers to assist you in regular walking practice.



## Walking has been shown to positively benefit the following:

- Cardiovascular health
- Pain
- Mental health
- Manage weight gain
- Regulate blood sugars
- Bone strength
- Immune function
- Energy levels

