

DON'T do the following after your amputation:



Don't hang your residual limb over the bed.



Don't sit in your wheelchair with the knee of your residual limb bent.



Don't lie with your residual limb up on a pillow or place a pillow under hip or knee.



Don't place a pillow between your thighs.



An tOspidéal Náisiúnta Athshlánúcháin

Do and Don't after Your Amputation



A Guide for Patients about Positioning

The National Rehabilitation Hospital (NRH)

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The NRH is accredited by CARF (Commission for accreditation of Rehabilitation Facilities)

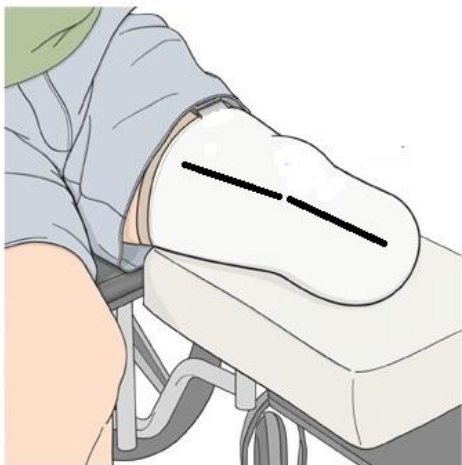


DO and DON'T after your Amputation: Positioning Advice

Initially, after amputation, you may have pain and swelling in the residual limb of your operated leg. You may tend to sit in bed or in a wheelchair more often, and you may become less active than before. As a result, your muscles can become weak, your joint movement may become increasingly restricted and your residual limb becomes swollen.

This leaflet has some tips to remind you how to place your residual limb appropriately. It is important to maintain the range of your joints so that progress towards your rehabilitation can be maximised. If you have any questions, do not hesitate to contact your healthcare professionals.

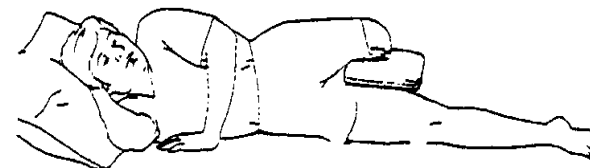
DO the following:



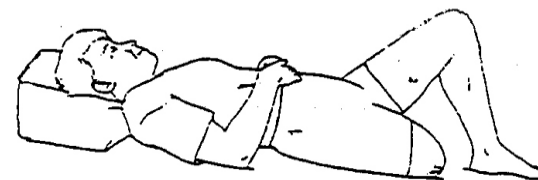
If you have below-knee amputation and when you are not wearing your artificial leg, rest it on the residual limb support of the wheelchair. Keep your knee as straight as you can. It is important to keep your residual limb **supported**.



Lie on your stomach for 2 or 3 times a day. You can build up gradually from 5 – 10 minutes to 30 minutes daily. You may place a pillow under your leg to help stretch your hip. You may want to put a pillow under your tummy if your back is sore. Please remember lying this way may not suit everyone. **DO** make sure you discuss this with your physio **BEFORE** you are discharged from the hospital.



If you cannot lie on your stomach, lie on your side with your residual limb pulled back as far as it will go. Use a pillow to keep your residual limb pulled back.



Lie on your back with your residual limb close to your other leg. Don't let your residual limb lie too far away from your body. Make sure your residual limb is in line with your hip.

Continued

