

ORTHOTIC & PROSTHETIC SERVICES

CLINICAL PRACTICE RECOMMENDATION (CPR)

GENERAL PROSTHESES-ARTIFICIAL LIMBS

Successful rehabilitation and long-term care for individuals using artificial limbs involve a multifaceted approach, encompassing fitting, daily care, physical and occupational therapy, and addressing potential complications.

1 Initial Assessment and Fitting

- **Interdisciplinary Team:** To optimize patient outcomes, an interdisciplinary team is crucial. The team includes: a Physical Medicine and Rehabilitation physician, a prosthetist, physical and occupational therapists, and potentially a surgeon and a psychologist.
- **Patient Evaluation:** To determine suitability for artificial limb, use and the most appropriate device type, a comprehensive evaluation that assesses the patient's overall health, physical condition, functional abilities, and the specific circumstances of limb loss (or congenital limb difference, neuromusculoskeletal, or disease-based) is necessary.
- **Rehabilitation Potential & Goals:** Factors such as motivation, cognitive function, and willingness to engage in rehabilitation are considered, along with the patient's lifestyle, vocational demands, and personal goals for prosthetic use.
- **Prosthetic Selection:** The prosthetist who designs the prosthesis plays vital role in matching the prosthesis to the patient's individual needs. Essential factors in selecting a prosthetic include patient goals, functional ability, lifestyle, specific requirements for activities of daily living, recreational use, task or vocational specific-use, and military needs.



2 Post-fitting and Training

- **Socket Fit & Alignment:** Proper socket fit is paramount for comfort, stability, and the prevention of skin issues. Regular adjustments are needed, especially during the initial months, as the residual limb changes shape.
- **Physical Therapy: Gait Training and Rehabilitation:** Physical therapy plays a vital role in helping new users adapt to their prosthetics, develop core goals, and refine balance, gait patterns, transfers, and stair climbing, and refine gait efficiency.
- **Occupational Therapy:** Occupational therapy plays a vital role in helping new users adapt to their upper-limb prosthetics, and in teaching adaptation and independence in activities of daily living.
- **Advanced Training:** Advanced training focuses on activities such as negotiating stairs, returning to work, and participating in recreational activities, competitive sports, and activities specific to the military.



3 Long-Term Follow-Up and Psychosocial Support

- **Regular Check-ups:** Promote lifelong care through routine visits with healthcare providers and a prosthetist for adjustments, maintenance, exploring new technology, and addressing any emerging issues.



- **Psychological Considerations:** Provide emotional support through peer visits, support groups, or working with a psychologist to help individuals adjust to the physical and emotional changes associated with limb loss.



- **Empowerment:** Encourage patients to participate in activities they enjoy, to promote confidence and independence



References

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