

## Life After Limb Loss A Guide For New Amputees And

"During his three combat-filled tours of duty in Afghanistan, former college sports star and skilled paratrooper U.S. Army Staff Sergeant Travis Mills never once backed down from the hardest challenges that came his way. The big, likable guy literally woke up every morning proudly singing the 82nd Airborne song to encourage and motivate the men he led. But late one afternoon in April 2012 while Travis and his men were on a routine mission near a remote village in southern Afghanistan, the unthinkable happened. While patrolling for improvised explosive devices (IEDs), the minesweeper missed one IED, and Travis Mills's world changed forever. In this vivid account of Travis's heroic fight for survival, he recalls the action-packed and challenging days of his earlier tours of duty with the legendary 82nd Airborne Division, the agony of encountering a hidden bomb while on patrol with his men, and his odds-defying physical and spiritual struggle afterward to come back from severe quadruple amputee injuries and rebuild his life. This searing and unforgettable true story will inspire, encourage, challenge, and motivate you forward. It shows how resilient the human spirit is, how unbreakable the will is when pressed with difficult demands, and how triumphant a person can be when tasked with the seemingly impossible. "Every day is a challenge," Travis says, "but every challenge can be overcome. I'm not wounded anymore. If you're wounded, then you're still focused on your injury. I'm just a man with scars living life to the fullest and best I know how."--Newly available after being out of print for several years, this is the definitive reference on the surgical and prosthetic management of acquired or congenital limb loss. Covers indications for amputation vs. limb salvage for trauma, peripheral vascular disease, and tumours; indications for prostheses for amputation levels; and rehabilitation approaches.

Inspiring, true-life stories about real people who have adapted to life after suffering amputation or limb-absence. Ideal reading material for individuals, families or healthcare professionals whose lives are, or have been, affected by these issues. Also ideal for fans of inspirational true-life stories. One book.

Are you one of the millions of people who suffer from low back pain? While it is important that patients with low back pain educate themselves about the lower back, the information available is often more confusing than it is helpful. A single source of information should not be taken as the only truth, as this can lead to misconceptions and misunderstandings in the diagnosis and treatment of low back pain. According to author Mario A. Gutierrez, MD, not all patients with low back pain are the same, and not all back conditions have a common cause. Dr. Gutierrez draws on more than twenty years of neurosurgery experience and direct patient contact to guide back pain sufferers in their quest for reliable information and diagnosis with topics such as: Causes of low back pain Current treatments for low back pain Low back surgery options Treatment myths Rehabilitation Health insurance/disability Prevention Whether you're a patient seeking answers, an aspiring medical professional, or a practicing physician, Understanding Low Back Pain is a must-have reference, complete with medical terminology, a short medical glossary, and frequently used medical abbreviations.

Prosthetic Restoration and Rehabilitation of the Upper and Lower Extremity

Phantom Limbs

Rehabilitation of the Hand and Upper Extremity, E-Book

Shark Girl

Surgical, Prosthetic, and Rehabilitation Principles

Emotional Recovery

Limb loss can occur due to trauma, infection, diabetes, vascular disease, cancer and other diseases. Lower limb amputation is relatively common and has a profound impact on a person's life, regardless of the cause. Feelings of loss and grief, difficulties in learning to walk with an artificial limb, and readjustment to an interrupted life all pose considerable challenges. Nevertheless, there are countless stories of people who have successfully overcome these problems. This book provides the practical knowledge needed to cope with the life changes caused by lower limb amputation. It demystifies the medical process and technical jargon by using plain, easily understandable language. And it is the first book to combine medical, prosthetic, and psychosocial factors in one convenient volume, including: Causes of lower limb amputation, especially diabetes, and ways to prevent further amputation Surgical techniques for lower limb amputation Learning to walk with a prosthesis The unique challenges faced by children and elderly people living with an amputation Exercising and sports with a lower limb prosthesis And much more! The outlook of this book is ultimately an optimistic one. Well-informed, knowledgeable individuals with amputations are better able to take care of themselves and are more effective self-advocates. This book gives them the tools they need to forge a productive, satisfying, and high-quality life.

A teenager struggles through physical loss to the start of acceptance in an absorbing, artful novel at once honest and insightful, wrenching and redemptive. (Age 12 and up) On a sunny day in June, at the beach with her mom and brother, fifteen-year-old Jane Arrowood went for a swim. And then everything -- absolutely everything -- changed. Now she's counting down the days until she returns to school with her fake arm, where she knows kids will whisper, "That's her -- that's Shark Girl," as she passes. In the meantime there are only questions: Why did this happen? Why her? What about her art? What about her life? In this striking first novel, Kelly Bingham uses poems, letters, telephone conversations, and newspaper clippings to look unflinchingly at what it's like to lose part of yourself - and to summon the courage it takes to find yourself again.

Yoga for Amputees; The Essential Guide to Finding Wholeness After Limb Loss is a comprehensive guide for both amputees and the people who work with them .Yoga offers amputees flexibility, strength and stamina along with emotional, mental and spiritual well-being to help amputees of all levels thrive in life.

Losing a limb will impact every aspect of a person's life. This book describes the emotional process that a person may experience in adjusting to limb loss. Based on the author's own story and professional experience, it also includes input from many other amputees. Dee Malchow is an amputation and prosthetic specialist who underwent a below knee amputation at age 19 from a boating accident. Since then Dee has interacted with over 3000 amputees through her job, skiing, soccer, mission work in Sierra Leone, and prosthetic research. She received her Bachelor's and Master's Degree in Nursing at the University of Washington. Dee is married to Jim Malchow and lives north of Seattle, Washington. They have two grown married children who have provided them with eight delightful grandchildren. See more at http://deemalchow.weebly.com "Dee Malchow, RN writes with wisdom, emotion and incredible insight. Her book, based on her own experience, and in providing care and support to thousands of others with limb loss, provides help and guidance to those with amputation. As an Orthopaedic Surgeon, who has worked closely with Dee over the years, I continue to learn from her about how individuals cope, heal, struggle, and succeed. She has certainly taught me more than anyone else about being 'Alive and Whole.'" Douglas G Smith, MD, Professor of Orthopaedic Surgery, University of Washington

One-Handed in a Two-Handed World

Reflective Lifeworld Research

Stories of Personal Triumph from the Frontiers of Brain Science

Three Legs and a Spare

A Neural Interface For Artificial Limbs

A Unique Insight From an Prosthetist/Amputee

**Amputations are global and hundreds of thousands happen every single day. Unfortunately, what happens after an amputation and how a person adjusts to their new life as an amputee is still quite a mystery. Limb Loss Life tells the hard truth about living as a new amputee. This book is a no-holds-barred non-sugar coated depiction of real life and how to live it as a limb loss person. The book gives an eye-opening view directly from a person who is living with limb loss, the information is direct, straightforward and down to the nitty gritty on what you need to know to live a healthy, and beautiful life as an amputee. This is the sole reason for this book. If you feel you would like to have the advice and wisdom from someone going through exactly what you are then get ready to join countless others on learning about the journey during your season of amputation. Experience the best and learn about the worse case scenarios with your limb loss. Limb Loss Life will shed much-needed light and help you through the dark forest to reach a bigger and brighter day as a new amputee.**

**Yoga for Amputees is a comprehensive guide for both amputees and the people who work with them.Yoga offers amputees flexibility, strength and stamina along with emotional, mental and spiritual well-being to help amputees of all levels thrive in life.**

**‘Like Joe Simpson, Andrew has discovered a latent talent for writing that only a mountaineering epic seems to have allowed him to uncover. And like Touching the Void, Life and Limb is brilliantly written and utterly un-put-down-able. If ever a tale evokes the phrase life affirming then this is it.’ -On The Edge magazine; ‘His courage, determination and sense of humour shine through the words of this remarkable book... Life and Limb is a genuinely life-enhancing read.’ -Scottish Mountaineer; Jamie Andrew’s survival and rescue after five nights trapped by a ferocious storm in 1999 has been hailed as a miracle that he survived, but Jamie had to come to terms not only with the death of his close friend, Jamie Fisher, who died beside him - but also with the loss of all his limbs to frostbite. Since the accident, Jamie has struggled painfully and successfully to overcome his disabilities; not only has he learnt to walk (and run) on his prosthetic legs, but also to ski, snowboard, paraglide - and even take up his beloved mountaineering again.**

**The main objective in the rehabilitation of people following amputation is to restore or improve their functioning, which includes their return to work. Full-time employment leads to beneficial health effects and being healthy leads to increased chances of full-time employment (Ross and Mirovskay 1995). Employment of disabled people enhances their self-esteem and reduces social isolation (Dougherty 1999). The importance of returning to work for people following amputation -the fore has to be considered. Perhaps the first article about reemployment and problems people may have at work after amputation was published in 1953 (Boynton 1955). In later years, there have been sporadic studies on this topic. Greater interest and more studies are returning to work and problems people have at work following amputation arose in the 1980s and has continued in recent years (Burger and Marine 2ek 2007). These studies were conducted in different countries on all the five continents, the greatest number being carried out in Europe, mainly in the Netherlands and the UK (Burger and Marine 2ek 2007). Owing to the different functions of our lower and upper limbs, people with lower limb amputations have different activity limitations and participation restrictions compared to people with upper limb amputations. Both have problems with driving and carrying objects. People with lower limb amputations also have problems standing, walking, running, kicking, turning and stamping, whereas people with upper limb amputations have problems grasping, lifting, pushing, pulling, writing, typing, and pounding (Girdhar et al. 2001).**

A Guide for New Amputees and Their Families

Life and Limb

Essentials of the Canine Amputation Recovery and Care Handbook from Tripawds

How to Stay Young Whole

A Private Journey Through Limb Loss

Amputation, Prosthesis Use, and Phantom Limb Pain

How do you move on from an irreplaceable loss? In a poignant debut, a sixteen-year-old boy must learn to swim against an undercurrent of grief—or be swept away by it. Otis and Meg were inseparable until her family abruptly moved away after the terrible accident that left Otis ’s little brother dead and both of their families changed forever. Since then, it ’s been three years of radio silence, during which time Otis has become the unlikely prot é g é of eighteen-year-old Dara—part drill sergeant, part friend—who ’s hell-bent on transforming Otis into the Olympic swimmer she can no longer be. But when Otis learns that Meg is coming back to town, he must face some difficult truths about the girl he ’s never forgotten and the brother he ’s never stopped grieving. As it becomes achingly clear that he and Meg are not the same people they were, Otis must decide what to hold on to and what to leave behind. Quietly affecting, this compulsively readable debut novel captures all the confusion, heartbreak, and fragile hope of three teens struggling to accept profound absence in their lives.

Three Legs and a Spare: The First Tripawds Dog Amputation Book, originally published in 2008. Now in its Fourth Edition, this essential canine amputation recovery and care handbook has been updated to include numerous informative articles, forum topics, videos, podcast interviews, and many more helpful resources! This interactive e-book includes hundreds of direct links to quickly find more comprehensive information online without having to spend time searching. The Premium E-book includes veterinarian internet excerpts, extended recommended reading lists, and additional content. Whether your dog has already lost a leg or will be having an amputation soon - due to canine cancer or for any another reason - Three Legs and a Spare will help you prepare for your dog's new life on three legs. This "Basis Version" is optimized for the reflowable format viewed on Kindle and other e-book reader devices. It is an edited version of the Three Legs and a Spare Premium E-book. Content, photos, bonus material, and formatting have been removed to reduce file size and ensure compatibility. Chapters about rehab and nutrition for new Tripawds have also been truncated or removed. Download includes coupon for \$5 Off the Premium E-book. Find Fast Answers to Common Concerns- Canine amputation surgery costs- How to decide if amputation is right for your dog- Preparing yourself, your dog, and your home- Pre-amputation questions to ask your vet- Post-surgery pain management strategies- Common amputation recovery concerns, and how to handle them- Essential gear to improve quality of life on three legs!Know how to determine if amputation is right for your dog. Learn the best tips to help improve quality of life for dogs after limb amputation. Discover what to expect during recovery. Understand the different challenges facing a right leg Tripawds and tripod dogs missing a rear leg. Get fast answers to questions about amputee dogs, phantom limb pain, rehabilitation, the best pain management practices, and much more.

Living with and an accessible style, this book provides a high-functioning lower extremity amputee) provides a "how-to" guide for patients (and their families) confronted by the possibility -- or the established fact -- of limb loss. As an amputation surgeon myself for the past 40 years, how I wish I had available this handbook to help educate, calm, reassure and (believe it or not) even amuse my amputation patients! Kudos to Dee Malchow for providing absolutely essential insight into this terribly fraught clinical scenario." Kaj Johnsen MD, PhD, FACS, Chief of Vascular Surgery at Swedish Medical Center, Seattle Losing a limb will impact every aspect of a person's life. This book describes the emotional process that a person experiences in adjusting to limb loss. It's based on the author's own story and professional experience yet includes input for many others living with an amputation. A person's attitude and behavior will either promote or impede progress. An amputation can feel like a disaster or a nuisance. Most days it feels somewhere in between. Dee Malchow, MN, RN, is an amputation nurse specialist. She experienced a right below knee amputation at age 19 from a boating accident. She received her Bachelor of Science and Masters Degree in Nursing from the University of Washington. Over the past 50 years Dee has interacted with over 3000 amputees through her job at a Trauma Center, sports (skiing & soccer), mission work (Sierra Leone, W. Africa), and prosthetic research. Dee is married to Jim Malchow, and lives in Shoreline, Washington. They have two grown married children who have provided them with eight delightful grandchildren. 'I have just read this book with great enjoyment and interest. It brought back a flood of great memories, as I was a colleague of Dee throughout her time at Harborview. She helped me perfect a diurnal pain medication regime which kept patients asleep at night and awake and interacting in the daytime. I also came to realize she was spending extra time counseling new amputee patients at night. We conceived the idea of an amputee clinic and support group with her as the leader. The hospital administration soon realized the value of Dee's program and 'the rest is history...' as they say. Everyone who deals in any way with patients who have incurred a disfiguring and/or disabling injury will find reading this book time very well spent." Sig T. Hansen Jr, MD.

Professor Emeritus, University of Washington, School of Medicine; Director of Sigvard T. Hansen Foot & Ankle Institute, Harborview Medical Center, Seattle "The book conveys amazing information and has great value." Douglas G. Smith, MD, Orthopaedic trauma and amputation surgeon at Harborview Medical Center, Seattle Former Medical Director for Amputee Coalition of America. "Your book is very thorough with the mindset of an amputee, and provided food for thought that I would have never even considered unless I read this. In addition, I loved that you had backup quotes from other amputees recounting their experiences--it makes for good ethos/credibility and solidifies your content REALLY well!" Hannah Cavcaro, Below-knee amputation from birth deformity, pursuing nursing career. "Dee's book is, insightful, comprehensive and encouraging, a fantastic source of information and hope for amputees and those who support them. Sharing her experiences as a nurse, and as an amputee herself, she illustrates that with the right perspective the loss of a limb is a challenging transition, but not the end." Dan Broome, Above knee amputation from trauma. Project Manager for Grading & Demolition Co.

" Fascinating. Doidge ’s book is a remarkable and hopeful portrait of the endless adaptability of the human brain. " —Oliver Sacks, MD, author of The Man Who Mistook His Wife for a Hat "What is neuroplasticity? Is it possible to change your brain?" Norman Doidge ’s inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the world to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they ’ve transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Living with a Below-knee Amputation

Breakthrough and New Advances in the Diagnosis and Treatment of Low Back Pain

Life After Limb Loss

QUALITY OF LIFE AFTER AMPUTATION IN PATIENTS WITH ADVANCED COMPLEX REGIONAL PAIN SYNDROME-A SYSTEMATIC REVIEW

Understanding Low Back Pain

On My Own Two Feet

This book explicates a reflective lifeworld research approach, based on phenomenological philosophy. The emphasis is on the lifeworld, the human intentionality and its capacity for seeing meaning and for reflection. The epistemological ideas presented in the book are transformed into an empirical research approach that serves as a guiding principle for research. The approach originates from the aim of allowing the phenomenon to guide the research by which the phenomenon and its meanings will be illuminated, understood and explicated, and is supported by an open and "brided" attitude to the phenomenon and the research. Based on a solid epistemological presentation and ideas about how an open and "brided" approach can be established, some methodological principles are outlined for data gathering as well as for descriptive and interpretative data analysis.

Written by one of the top prosthetic physical therapists in the nation, Life After Limb Loss is a practical guide for anyone dealing with a recent amputation

Implement TMR with Your Patients and Improve Their Quality of Life Developed by Dr. Todd A. Kuiken and Dr. Gregory A. Dumanian, targeted muscle reinnervation (TMR) is a new approach to accessing motor control signals from peripheral nerves after amputation and providing sensory feedback to prosthesis users. This practical approach has many advantages over other neural-machine interfaces for the improved control of artificial limbs. Targeted Muscle Reinnervation: A Neural Interface for Artificial Limbs provides a template for the clinical implementation of TMR and a resource for further research in this new area of science. After describing the basic scientific concepts and key principles underlying TMR, the book presents surgical approaches to transhumeral and shoulder disarticulation amputations. It explores the possible role of TMR in the prevention and treatment of end-neuromas and details the principles of rehabilitation, prosthetic fitting, and occupational therapy for TMR patients. The book also describes transfer sensation and discusses the surgical and functional outcomes of the first several TMR patients. It concludes with emerging research on using TMR to further improve the function and quality of life for people with limb loss. With contributions from renowned leaders in the field, including Drs. Kuiken and Dumanian, this book is a useful guide to implementing TMR in patients with high-level upper limb amputations. It also supplies the foundation to enable improvements in TMR techniques and advances in prosthetic technology.

This work offers a glimpse into the life of a new amputee and walks readers through the first minutes, hours, and days of living with limb loss. Jeffrey A. Mangus, a below the knee amputee, also offers insight and encouragement for the long haul ∩ providing readers with all they need to know to get back to living a full life.

Lower Limb Amputation

Real-World Solutions for Amputees to Accomplish the Impossible

Tough as They Come

Life is Greater Than Limb

My True-Life Story of Non-Hodgkin Lymphoma plus Amputation

Lower Extremity Amputation

**What better home for your notes, thoughts, plans and doodles than this journal? Wondering how to start journaling? Buy this book, pick up a pen or pencil and start your personal journey. 110 lightly-lined writing pages provide plenty of writing and doodle space. Compact size 6'' wide x 9'' high; ideal to fit in purses, backpacks, and totes.**

**This book is for someone who is about to have amputation surgery or has had an amputation surgery and wants to know what to expect. The book will also help friends and family understand what their loved one is going through after an amputation. The book covers both arm (upper extremity) and leg (lower extremity) amputations. It covers topics including the different types of surgeries, what to expect after surgery, how to prepare for a prosthesis and what prostheses look like. The book also goes beyond this and talks about sexuality after surgery, driving, recreation and other topics to help you move beyond the surgery and into life.**

Limb loss can occur due to trauma, infection, diabetes, vascular disease, cancer, and other diseases. Regardless of the cause, it often has a profound impact on a person's life. Many amputees experience feelings of loss and grief, frustration in learning to walk with an artificial limb, and difficulty adjusting to a new and challenging lifestyle. This book provides the practical knowledge needed to cope with the many changes caused by lower limb amputation. In clear, accessible language, it covers the medical, physical, and psychosocial issues and answers crucial questions such as: How do I cope with the loss of a limb? What steps can I take to prevent additional amputations? How do I treat and care for my post-surgery wound? What are the best prostheses for my particular needs? Can I play sports and exercise with a prosthesis? And much more! This unique resource aims to educate those with lower limb amputation so that they can better care for themselves and maximize their independence. The practical advice, tips, and extensive references within its pages will help individuals meet the challenges of leading full and fruitful lives.

The contemporary perspectives - fiction, first-hand accounts, reportage and photographs - found in the pages of this collection give a unique insight into the experiences and suffering of those affected by the American Civil War. The essays and recollections detail some of the earliest attempts by medical professionals to understand and help the wounded, and look at how writers and poets were influenced by their own involvement as nurses, combatants and observers. So alongside the medical observations of figures such as Silas Weir Mitchell and William Keen, you'll find memoirs of writers including Louisa May Alcott, Ambrose Bierce and Walt Whitman. By presenting the wide range of frequently traumatic experiences by writers, medical staff, and of course the often ignored common foot soldiers on both sides, this volume will complement the older emphasis on military history and will appeal to readers of the evolution of medicine, of the literature the time, of social anthropology, and of the whole complex issue of how the war was represented and debated from many different perspectives. While a century and a half of developments in medicine, social care and science mean that the level of support and technology available to amputees is now incomparable to that in the mid-nineteenth century, the insights into the lives and thoughts of those devastated by psychological traumas, complex emotions and difficulties in adjusting to life after limb loss remain just as relevant today. Phenomena explored in the book, such as 'Phantom Limb Syndrome', continue to be the subject of medical and academic research in the twenty-first century.

Atlas of Limb Prosthetics

Coping with Limb Loss

A True Story of Tragedy and Survival

Perspectives on the American Civil War

Notebook: Life After Leg Amputation Beautiful Composition Book Journal Diary for Men, Women, Teen & Kids Vintage Retro Design Ra

Frida Kahlo and My Left Leg

*Prosthetic Restoration and Rehabilitation of the Upper and Lower Extremity is a well-illustrated, state-of-the-art reference on the science and practice of post-amputation care, prosthetic restoration, and functional rehabilitation, designed to maximize patient independence and quality of life. Chapters are written by physiatrists, prosthetists, surgeons, and therapists at the University of Michigan, clinicians and teachers who work with amputees on a daily basis. Clinically oriented, it covers both lower and upper extremity restoration and rehabilitation and serves as a handy reference for busy practitioners to support sound clinical decision-making. Beginning with basic anatomy, kinesiology, and a recap of surgical decisions principles and post-operative care for amputees, the book discusses biomechanics, clinical assessment, prosthetic options, how to write a complete and detailed prescription for the prosthesis, restoration and management of specific problems by region, and rehabilitation programs and strategies. Common medical issues such as phantom limb sensation and pain, skin problems, and sexual and psychological considerations are discussed as well. In-depth coverage of prosthetic restoration is provided for special populations such as infants, children, the elderly, athletes multi-extremity amputees, and those who have lost limbs to cancer. Chapters are written in expanded outline format for ease of use and feature numerous full-color diagrams, photos, and other illustrations. This text will guide physicians, trainees, and other members of the care team through the fundamentals of restoring function to individuals who have lost limbs or body parts. Key Features: Provides a state-of-the-art, accessible, clinical approach to post-amputation care, prosthetic restoration, and functional rehabilitation Covers both upper and lower extremities Addresses prostheses for special populations and sports and recreation Includes boxed clinical pearls at the start of each chapter Illustrates the emergence tables, and full-color photos throughout Supports clinical decision making and addresses practical questions and problems Advises on new requirements for Medicare and Medicaid patients, and includes patient education materials and sample prescription forms that can be customized for use in any clinic Outlines important information for returning to the community after amputation.*

*Just before Christmas in 2012, at age fifty-three, John LeMieux lost his left leg to a recurrence of sarcoma. The unique twenty-hour rotatorplasty surgery-never done on a man his age-was followed by six months of bed rest. It was only the beginning of years of physical, spiritual, and emotional growth. In this memoir, John recounts the lows and highs of a life forever altered. As an aging, ex-college athlete, John was forced to confront a life where every expectation was changed. With the help of his family and friends, he discovered that he was stronger than he knew, as he grappled with the physical loss of his leg, the crippling anxiety that attacked him, his relationships with others, and his place in the world.*

*This story is of my unexpected life experience and my journey of Non-Hodgkin T-Cell Lymphoma, which resulted in the subsequent amputation of my left foot, and covers my progress over five hospitals plus my Chemotherapy treatment and my rehabilitation with Prosthetics, along with my life after hospital.*

*One man's work related accident leads him to the inevitable amputation of his left leg. . . This tragic event that almost took his life eventually embarked him on a spiritual journey that ultimately widened his horizons to a new world of limitless opportunities. Along his journey, he met some amazing characters and individuals who weaved the fabric of this book. Their stories became his and by helping others he ultimately achieved new levels of self healing.*

*The Brain That Changes Itself*

*Yoga for Amputees*

*AMPOssible*

*The Man Who Mistook His Wife for a Hat*

*And Other Clinical Tales*

*A Guide to Living a Quality Life*

Long recognized as an essential reference for therapists and surgeons treating the hand and the upper extremity, Rehabilitation of the Hand and Upper Extremity helps you return your patients to optimal function of the hand, wrist, elbow, arm, and shoulder. Leading hand surgeons and hand therapists detail the pathophysiology, diagnosis, and management of virtually any disorder you ’re likely to see, with a focus on evidence-based and efficient patient care. Extensively referenced and abundantly illustrated, the 7th Edition of this reference is a "must read" for surgeons interested in the upper extremity, hand therapists from physical therapy or occupational therapy backgrounds, anyone preparing for the CHT examination, and all hand therapy clinics. Offers comprehensive coverage of all aspects of hand and upper extremity disorders, forming a complete picture for all members of the hand team—surgeons and therapists alike. Provides multidisciplinary, global guidance from a Who ’s Who list of hand surgery and hand therapy editors and contributors. Includes many features new to this edition: considerations for pediatric therapy; a surgical management focus on the most commonly used techniques; new timing of therapeutic interventions relative to healing characteristics; and in-print references wherever possible. Features more than a dozen new chapters covering Platelet-Rich Protein Injections, Restoration of Function After Adult Brachial Plexus Injury, Acute Management of Upper Extremity Amputation, Medical Management for Pain, Proprioception in Hand Rehabilitation, Graded Motor Imagery, and more. Provides access to an extensive video library that covers common nerve injuries, hand and upper extremity transplantation, surgical and therapy management, and much more. Helps you keep up with the latest advances in arthroscopy, imaging, vascular disorders, tendon transfers, fingertip injuries, mobilization techniques, traumatic brachial plexus injuries, and pain management—all clearly depicted with full-color illustrations and photographs.

In his most extraordinary book, the bestselling author of Awakenings and "post laureate of medicine " (The New York Times) recounts the case histories of patients inhabiting the compelling world of neurological disorders, from those who are no longer able to recognize common objects to those who gain extraordinary new skills. Featuring a new preface, Oliver Sacks ’s The Man Who Mistook His Wife for a Hat tells the stories of individuals afflicted with perceptual and intellectual disorders: patients who have lost their memories and with them the greater part of their pasts who are no longer able to recognize people, whose limbs seem alien to them, who lack some skills yet are gifted with uncanny artistic or mathematical talents. In Dr. Sacks ’s splendid and sympathetic telling, his patients are deeply human and his tales are studies of struggles against incredible adversity. A great healer, Sacks never loses sight of medicine ’s ultimate responsibility: " the suffering, afflicted, fighting human subject."

Living with a Below-Knee Amputation: A Unique Insight from a Prosthetist/Amputee provides an insightful look at the entire spectrum of the below knee experience from amputation to rehabilitation. As a prosthetist for 22 years, author Richard Riley uses real life examples to answer many of the questions facing amputees. The information is structured in a manner that permits quick, easy access to an array of topics. Living with a Below-Knee Amputation not only discusses the psychosocial and physical issues; it also clearly explains the role of the medical professional and the complexities of constructing a prosthetic device during each phase of rehabilitation. Images are also included to display all of the available options and components of an artificial leg. Some topics inside Living with a Below-Knee Amputation include amputation surgery, pain, postoperative care, therapy, purpose and design, fittings, maintenance and hygiene, integration of the prosthesis, child amputees, and recreation and sports. The unique perspective used by the author helps physical therapists, occupational therapists, physicians, orthopedic surgeons, and rehabilitation professionals better identify and relate to their patients. By understanding the amputee ’s emotions and expectations, the professional can cohesively work together with their patients to identify ways for reintegration into their lifestyle.

A New York Times-bestselling author's personal examination of how the experiences, art, and disabilities of Frida Kahlo shaped her life as an amputee. At first sight of Frida Kahlo ’s painting The Two Fridas, Emily Rapp Black felt a connection with the artist. An amputee from childhood, Rapp Black grew up with a succession of prosthetic limbs and learned that she had to hide her disability from the world. Kahlo sustained lifelong injuries after a horrific bus crash, and her right leg was eventually amputated. In Kahlo ’s art, Rapp Black recognized her own life, from the numerous operations to the compulsion to create to silence pain. Here she tells her story of losing her infant son to Tay-Sachs, giving birth to a daughter, and learning to accept her body. She writes of how Frida Kahlo inspired her to find a way forward when all seemed lost. Book cover image: Frida Kahlo, prosthetic limb. Frida Kahlo & Diego Rivera Archives. Bank of Mexico. Fiduciary in the Diego Rivera and Frida Kahlo Museum Trust.

Lower-Limb Prosthetics

An Interdisciplinary Perspective

Alive & Whole Amputation

Targeted Muscle Reinnervation

The Essential Guide to Finding Wholeness After Limb Loss for Yoga Students and Their Teachers

Experiencing Life After Limb Loss: a Guide for Patients and Families

The treatment of CRPS is difficult, varied and there are no clear guidelines or pathways. This is more complex in advanced and resistant CRPS. Our aim was to conduct a systematic review on the results of amputation in advanced and resistant CRPS and the effect on quality of life. The literature was reviewed, inclusion criteria was implemented and 11 studies were selected. 68% patients who underwent Amputation had improvement in QOL. 28% patients had deterioration of symptoms. The improvement with Amputation was more apparent in recent, good quality studies (up to 81%). Post amputation complications included phantom limb pain (65%), stump pain (30%) and recurrence of CRPS (43%). Our conclusion was that in selected cases with advanced, unresponsive CRPS, amputation can be considered as an option to improve QOL. However, there are risks of further deterioration and complications. Results are better if the procedure is carried out in specialised centres after MDT assessment.

My Purdy, who inspired a nation on Dancing with the Stars and has been called a hero by Oprah Winfrey, reveals the intimate details of her triumphant comeback from the brink of death to making history as a Paralympic snowboarder. In this poignant and uplifting memoir, Dancing With the Stars sensation Amy Purdy reveals the story of how losing her legs led her to find a spiritual path. When the Las Vegas native was just nineteen, she contracted bacterial meningitis and was given less than a two percent chance of survival. In a near-death experience, she saw three figures who told her, "You can come with us, or you can stay. No matter what happens in your life, it's all going to make sense in the end." In that moment, Amy chose to live. Her glimpse of the afterlife—coupled with a mysterious premonition she'd had a month before—became the defining experiences that put Amy's life on a new trajectory after her legs had to be amputated. She wouldn't just beat meningitis and walk again; she would go on to create a life filled with bold adventures, big dreams, and boundless vitality—and share that spirit with the world. In 2014, Amy—the only competitor, male or female, with two prosthetic legs—claimed a bronze medal for the U.S. Paralympic team in adaptive snowboarding. She then became a contestant on season eight's Dancing With the Stars, and viewers were captivated as the girl with bionic legs managed to out-dance her competitors all the way to the finale. Amy's journey is a testament to the resilience of the human spirit and the capacity we all have to dream bigger, defy expectations, and rewrite our stories. Amy was given a second chance for a reason—to use her life to inspire others. Her powerful memoir urges us to live life to the fullest, because we are all a lot more capable than we could ever imagine.

From Losing My Legs to Learning the Dance of Life

Nine Lives: A Self-Help Book for Amputees

Limb Loss Life: The First Days, Weeks, Months and Years as a New Amputee

On a Limb and a Prayer