



Hello,

Welcome to the August edition of the U-CAN Newsletter.

The year of 2019 is sure moving along quickly! It is August and we are halfway through summer, ending on September 23rd.

The month of August has some fun and crazy holidays associated with it and would like to share a few of them with you:

National Beer Day
National Ice Cream Sandwich Day
International Hangover Day
Bad Poetry Day
National Mustard Day
Frankenstein Day

And the list goes on. Check out some of these crazy and interesting holidays and celebrate! I certainly will! Ha!

August 6th, U-CAN meeting day is "Wiggle Your Toes Day"!

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, August 6th, 2019, 5:30-7:30 PM**. On the Agenda will be one of the University's PM&R doctors, Dr. Melissa Tinney who will be talking about UMaise (U of M's adaptive sports program). She is on the board of UMaise and is a staff physician at the Ann Arbor VA Medical Center and PM&R physician at the Orthotic & Prosthetic Center.

Just a reminder about U-CAN's upcoming summer Picnic on Saturday, August 17th, from 12:00-3:30 PM at **Marshview Meadows Park in Ann Arbor**. All the details are listed below in the **Upcoming Events Section**. Hope you are able to join us for a fun afternoon of games, food and great people! Family and friends are welcome.

Quote of the month: *"For a gallant spirit, there can never be defeat"- Wallis Simpson*

Articles

- Tailor made prosthetic liners could help more amputees walk again, sciencedaily.com, June 28, 2019, <https://www.sciencedaily.com/releases/2019/06/190620220023.htm>
- Miami Dolphins, Kendrick Norton, had his arm amputated after a car wreck, edition.cnn.com, July 5, 2019; <https://edition.cnn.com/2019/07/04/sport/miami-dolphins-kendrick-norton-arm-amputated-trnd/index.html>
- A new-post amputation surgery technique maintains proprioception(perception or awareness of the position and movement of the body) in bionic limbs, journals.lww.com, July 25, 2019; https://journals.lww.com/neurotodayonline/Fulltext/2019/07250/A_New_Post_Amputation_Surgery_Technique_Maintains.10.aspx
- High-tech can help the blind see and amputees feel, nytimes.com, July 25, 2019; <https://mindmatters.ai/2019/07/high-tech-can-help-the-blind-see-and-amputees-feel/>
- Fourteen- year- old who lost three limbs from a bomb blast is one of Iraq's top table tennis players, July 26, 2019; <https://www.nytimes.com/2019/07/26/world/middleeast/najla-imad-lafta-ping-pong.html>
- Indian scientists working on robotic hand for stroke patients, indiatimes.com, July 28, 2019; <https://www.indiatimes.com/news/india/iit-kanpur-professors-who-sent-india-to-moon-design-robotic-arm-to-help-paralysis-patients-371943.html>
- An amputee's mission to help upper limb amputees, The O&P Edge July issue, July 2019; <https://opedge.com/Articles/ViewArticle/2019-07-01/henry-barnaby-iiis-mission-help-upper-limb-amputees>
- Non-pharmacological approaches to residual limb and phantom limb pain, O&P Edge July issue, July 2019; <https://opedge.com/Articles/ViewArticle/2019-07-01/non-pharmacologic-approaches-to-residual-limb-and-phantom-limb-pain>

Research Corner

- ❖ University of Michigan School of Kinesiology is looking for paid volunteers with a Transfemoral (AK) amputation to examine the effectiveness of adjustable prosthetic sockets.

Participation requirements:

- 18 years or older
- Have an above-knee amputation of 1 leg
- Have worn a prosthesis for at least 6 months

Participants will receive \$50 for the initial consent and monitor meeting, \$40 per hour of clinic testing, \$60 per socket fitting, \$100 per monitoring period and whichever socket he/she prefers. All session will be completed at the Orthotics & Prosthetics Clinic in Ann Arbor.

If you are interested in volunteering for this project, please contact:
Kelsey Ebbs

Phone: 734-647-5514

Email: klucinda@umich.edu

- ❖ **University of Michigan Neurobionics Laboratory** is looking for paid volunteers with a below knee amputation to participate in research studying a new prosthetic ankle design with variable ankle stiffness.

Participation requirements:

- Have a single below knee amputation
- Attend up to 5 testing sessions that include walking tests such as level walking, walking up and down stairs and ramps while wearing the prosthesis

Participants will receive \$40 / hour during testing session and free parking.

The study will take 25 hours or less of your time.

If you are interested in volunteering for this project, please contact:

Catherine Kinnaird

Phone: 734-764-6395

Email: kinnaird@umich.edu

- ❖ **University of Michigan has 3 ongoing prosthetic research studies that are looking for volunteers to participate.** They are listed below:

Evaluating and Improving Assistive Robotic Devices Continuously and in Real-time

Participation requirements:

- 18+years old, unilateral transtibial amputation, K3 or above, prosthesis for 6 months, can walk 30 minutes at a time

Exclusions from this study include:

- History of orthopedic or neurologic disorder to intact limb, history of cardiovascular disease, unable to walk 30 minutes at time

Mechanisms of Low Back Pain Development in People with Lower Limb Amputation

Participation requirements:

- 18-65 years old, unilateral transtibial amputation, independently ambulating for 2 months, 10 minutes of unassisted walking

Exclusions from this study include:

- Pathology or injury to intact limb, cardiovascular or neurologic disease, uncorrected vision problems, taking medication affecting balance or ability to walk, residual limb length that prevents incorporating load cell or performing alignment adjustments

Characterizing Limits of Performance Imposed by Upper-Limb Prostheses

Participation requirements:

- 18 +years old, unilateral upper limb amputation (transradial or transhumeral), BP or MYO prosthesis, or both, Prosthesis use for at least 6 months

Exclusions from this study include:

- Self-reported history of neurologic disorders, visual impairments, and/or balance impairments

If you are interested in volunteering for any of the above projects, please contact:

Kelsey White (Study Coordinator)

Phone: 734-647-5514

Email: klucinda@umich.edu

Upcoming Events

- **U-CAN Summer Picnic, Saturday August 17th, 12:00- 3:30 PM at Marsh View Meadows Park, 300 E. Textile Rd, Ann Arbor.** Family and friends are welcome. Come out and join us for fun afternoon. We will have games and food. The shelter is reserved and the park has accessible bathrooms. Please bring a dish to pass. For questions or for more information, please contact: Carla Vollmer, 734-9675-7432, cvollmer@med.umich.edu
- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, August 3rd, 2019 from 11:00 AM-12:30 PM at the Fred Astaire Dance Studios in Bloomfield Hills- 2172 Franklin Rd.** The Dance Mobility program provides free amputee and wheelchair ballroom group lessons led by Fred Astaire's professional, certified dance instructors with experience in teaching amputee and wheelchair ballroom dancing. Participants are welcome to bring their own dance partner or they will be paired with a volunteer partner. **The class is free but you do need to make a reservation.** For more information or to reserve a spot, please call: 248-454-1715 or visit the website; <https://www.fredastaire.com/bloomfield-hills/2183-2/>
- **OPAF First Friday swim clinics, Dow Bay City YMCA, June through August.** The swim clinics will teach basic water safety skills, transfers at poolside and swim strokes for individuals with limb loss. These classes are free but you do need to register prior to attending. **The last class will be held on Friday, August 3rd, 5:00-7:00 PM.** For more information, please visit the website: <https://firstfridayswimmichjune7.eventbrite.com>
- **Michigan Amputee Golf Association hosts 3 events annually, the last one will be held on August 16th.** For more information or to register for the events, please visit the website: <http://maga.golf/events/>
- **UMAISE (University of Michigan Adaptive & Inclusive Sports Experience)** has a list of all their programs for the spring & the summer for kids and adults - kayaking, tree climbing, camping and more

The last Summer Kayaking session is August 3rd, 2019. To pre-register for the kayaking sessions, for more information or for a list of all the upcoming events, please visit the website: <https://medicine.umich.edu/dept/pmr/programs/umaise-university-michigan-adaptive-inclusive-sports-experience/current-programs>

- **Michigan State University Wheelchair Tennis Program & Tournament**, meet every Tuesday from 7:30-9:30 PM at the MSU Tennis courts. There are two local tournaments, the last one for the summer will be held on August 24th-25th in East Lansing. For more information about the weekly play and practice times or about the Tournaments, please contact: Gene at orlando@ath.msu.edu, or 517-432-0629 (office)
- **Wheels and Heels HandCycle Race and Run, Saturday August 10th, 2019, Lake St. Clair Metro Park, Harrison Twp, MI.** For more information and to register, please visit the website: <https://www.rimfoundation.org/wheelsandheels2019.html>
- **11 Legged Lake Tour Bike Ride, Saturday, August 17th, Elk Rapids, MI.** The bike ride started with 6 teens, 1 of whom was an amputee to support their friend who passed away and 16 years later has become an annual bike outing to raise money for charity. This is the 16th annual bike ride benefiting Children's charities. Choose from 3 routes in beautiful northern Michigan, breakfast and lunch are included in the registration: \$35 individual, \$75 family. For more information, please visit the website: <https://11-leggedlaketour.weebly.com/>
- **Adaptive MoGo bike share program in Detroit till October 31st, 2019.** The bicycles will be available at Wheelhouse Detroit in Rivard Plaza. For more information, please visit the website: <https://mogodetroit.org/adaptive-mogo/>
- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round. For 2019, they offer drop in art classes and open gym as well as resources in the community. For more information, visit the website at: <http://www.annarborcil.org>
- **National Kidney Foundation is sponsoring Enhanced Fitness Classes** - a physical activity program for adults that is designed to improve functional fitness and well-being. Classes focus on cardiovascular conditioning, strength training, flexibility and balance training. There are free or donation based programs all across Michigan. The link has been provided if you are interested in finding out more information: https://www.nkfm.org/sites/default/files/documents/pages/2019_ef_brochure_washtenawlivingston2.27.pdf
- **Amputee Coalition Travel Adventures** - To check out trips planned for 2018 or if you would like to plan your own trip and want more information on accessible travel, visit the website: <http://easyaccesstravel.com/>

Don't forget about U-CAN when it comes time to donate. It helps keep the group going and

fund all the great activities we do:

<https://leadersandbest.umich.edu/find/#!/give/basket/fund/311702>

Have a good month!

Carla