MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

August 2020

Hello,

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

The summer is flying by as usual. I hope Mother Nature makes it last as long as possible!
I hope you are all continuing to stay safe and well.

On the news front… Zappos just launched this month the first ever digital, single and different shoe size program. If you are not familiar with the website, zappos.com sells shoes and clothing from many different manufacturers. An opportunity has finally arrived for those of us that have different size feet or just need 1 shoe!

Check out the story and the website to look at all the choices at your fingertips;
https://www.globenewswire.com/news-release/2020/07/14/2061939/0/en/Zappos-Adaptive-Launches-First-Ever-Digital-Single-and-Different-Size-Shoes-Test-Program.html

https://www.zappos.com/e/adaptive/singleshoes

Fitness News

Ottobock, a prosthetic and orthotic product company, has created a fitness app for amputees. The app is available for apple and android users with specific exercises for lower and upper limb amputees.

The link has information about the app and details on how to download it. I have included the link here: https://www.ottobock.com/en/apps/fitness-app/?fbclid=IwAR2SwI05-5MHEu612dajqrTyNKSGLD4crPO1HJU_QUDUpn9dkPcd3yHVAJs

The summer is a perfect time for cycling. For those that currently bike and to the many that have been wanting to trying it, Amplitude Magazine has a well written article in their July/August edition. The article goes into detail the art of biking: from finding the right prosthesis, to getting the best pedal for your foot/ prosthesis, to even configuring the handlebars! The article has a lot of helpful links to explore.

As most of you know, I have been bicycling for over 30 years now and I have to say that it is one of my most favorite things to do in the summer. I hope you check out the article. Happy biking!

https://livingwithamplitude.com/amputee-bicycling-tips-how-to/

Act of Kindness segment

Please check out the stories I have chosen for this month. They will fill you with hope and make you smile.

New York man paints portraits of frontline workers as tribute, CBS evening news;
https://www.youtube.com/watch?v=o1qRAMcGgvE&list=PLotzEBRQdc0eX6sErNJED9JuHzJ1vcIu

Pennsylvania man saves cop despite history with police, CBS evening news;
https://www.youtube.com/watch?v=miA5bX-AmHE&list=PLotzEBRQdc0eX6sErNJED9JuHzJ1vcIu &index=2

And now it's time for a few laughs. With the help of SNL, I found a video from the SNL vault from 1982. Dr. Badofsky, played by comedian Tim Kazurinsky, talks about many different forms of amputation. Please note when watching that it will not be politically correct. Enjoy!
https://www.nbc.com/saturday-night-live/video/newsbreak-segment---dr-badofsky/n8955

U-CAN Meeting

Our next U-CAN meeting will be held on Tuesday, August 4th, 2020 **at 5:30 pm via teleconference or phone utilizing BlueJeans. Please note the change in the meeting.**
The university has made some changes on gatherings due to some recent outbreaks.
I will keep you posted on the how/where September meeting will take place.

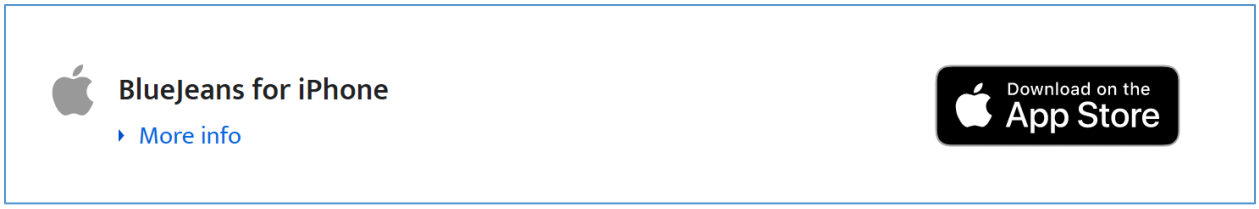
The directions below explain how to join the group meeting via telephone or video utilizing your computer, tablet or phone. Whatever way you choose to join us, it's simple and easy.
I look forward to hearing/seeing all of you next week.

Dial:
734- 763- 1841
888-240-2560
Enter the Meeting ID: 561841736

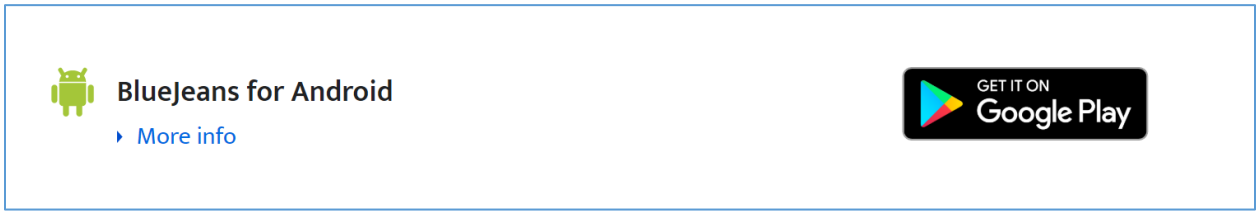
How to Download Blue Jeans on your Computer or Mobile Device:

1. Open an internet browser on your device and go to:
   https://www.bluejeans.com/downloads

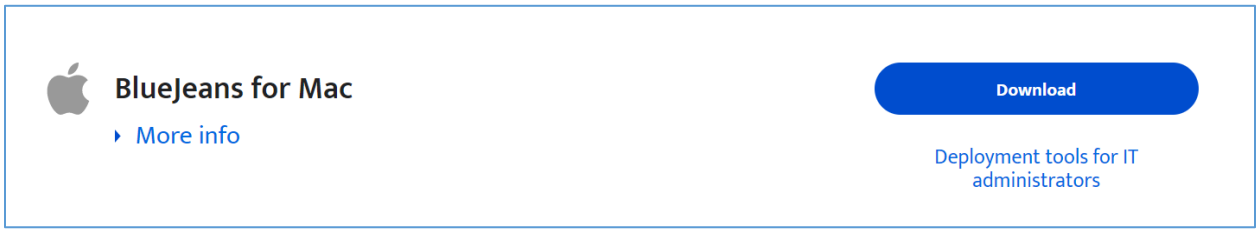
2. Find your device type and click the download button (for phones or tablets, it will take you to another window, which will be the Apple App Store or the Google Play Store)
   iPad or iPhone:



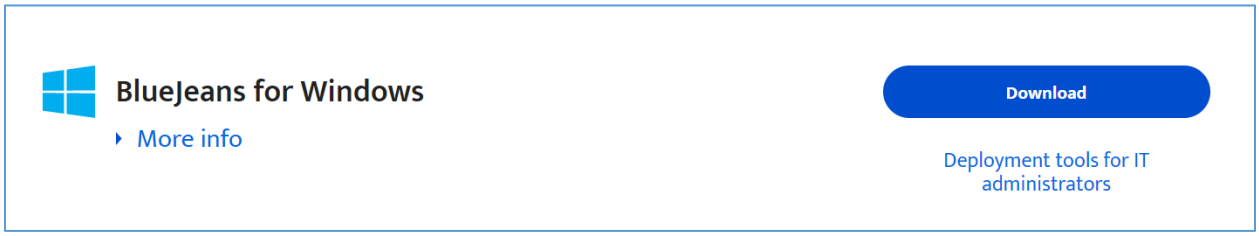
Android Phone or Tablet:



Mac Computer



Windows Computer



3. Once downloaded, open your Blue Jeans application on your device

4. There will be an option to “Join a Meeting” on the main screen. Click or tap this option.

5. Enter the meeting ID (you do not need a passcode) and select how you want to join:
    a. Audio and Video (will share your video and allow you to hear/speak during meeting)
    b. Dial in (will call in with just your voice, no video, and will allow you to hear/speak during the meeting)

6. You will be added to the meeting (they may be a slight delay with your video and audio

If you have any technical difficulties, please contact Brittany at: (734)-998-3504 to

troubleshoot!

Upcoming meetings
September 1st meeting- TBD (to be determined)

Quote of the month: *"The flower that blooms in adversity is the rarest and most beautiful of all"*- Walt Disney

Articles

- Navigating the confusing world for amputee acronyms, livingwithamplitude.com, June 30, 2020; https://livingwithamplitude.com/article/navigating-the-confusing-world-of-amputee-acronyms/
- More than a cover- clothes mean nothing until someone lives in them, livingwithamplitude.com, June 30, 2020; https://livingwithamplitude.com/article/more-than-a-cover/
- Double amputee basketball player celebrates her graduation, newsday.com, July 5, 2020; https://www.newsday.com/sports/high-school/amaya-williams-copiague-graduation-1.46428153
- Update on a story: Amputee home in Derry after transatlantic solo-sail, bbc.com, July 6, 2020; https://www.bbc.com/news/uk-northern-ireland-foyle-west-53307612
- Tricylce- like device helps seniors and people with disabilities get around, autoevolution.com, July 8, 2020; https://www.autoevolution.com/news/it-looks-like-a-toy-for-big-kids-but-isn-t-the-alinker-145788.html
- Researchers discover genetic variants linked to type 2 diabetes, healthanalytics.com, July 8, 2020; https://healthitanalytics.com/news/researchers-discover-genetic-variants-linked-to-type-2-diabetes
- Curing phantom limb pain: Two promising PNS (Peripheral Nerve Stimulation) Solutions, livingwithamplitude.com, July 8, 2020; https://livingwithamplitude.com/curing-phantom-pain-amputation-research/
- Secrets of successful insurance appeal, livingwithamplitude.com, July 8, 2020; https://livingwithamplitude.com/amputee-insurance-appeal-how-to-step-by-step/
- The best amputee ballplayer you never heard of, livingwithamplitude.com, July 8, 2020; https://livingwithamplitude.com/monty-stratton-amputee-baseball-player/
- Aspiring pilot receives prosthesis that helps him fly, greeleytribune.com, July 11, 2020; https://www.greeleytribune.com/2020/07/11/aims-community-college-student-rudy-aist-ready-to-fly-pain-free/
- ACA case not on supreme court's October schedule, healthcaredive.com, July 14, 2020; https://www.healthcaredive.com/news/supreme-court-unlikely-to-hear-gop-case-to-kill-aca-before-2020-election/581543/
- Triple amputee, Monica Vickers, explores issues of disability in powerful biography, digitaljournal.com, July 15, 2020; http://www.digitaljournal.com/pr/4742375
- Prosthetic leg built using space station technology, techexplore.com, July 15, 2020;

https://techxplore.com/news/2020-07-space-station-motors-robotic-prosthetic.html

- Scientists are using brain- computer connections to restore a lost sense of touch, zdnet.com, July 21, 2020; https://www.zdnet.com/article/scientists-are-using-brain-computer-connections-to-restore-a-lost-sense-of-touch/

Research Corner

❖ Liberating Technologies, a College Park Company is looking for volunteers who have a lower-limb loss to participate in a focus group. The goal is to obtain input directly from prosthetic users to guide the design of a prosthetic foot for active individuals.

Participation requirements:

- 18-80 years of age
- Have a BK prosthesis
- K4 level (if unsure, ask your prosthetist)
- Can understand and speak English
- Have internet access

If you are eligible, you will receive $150 for your participation.

For more information, please contact:
Jen Johansson
Phone (774) 233-0874
Email: Jen.johansson@liberatingtech.com

❖ AlphaSights, a global research firm, is looking for volunteers who are hand amputees that use a prosthetic device so they can better understand and improve the patient journey and really benefit from the patient experience. Their goal is to improve this journey and to address unmet needs with your help!

Participation requirements:

- Upper extremity hand amputee
- Currently use a prosthetic device

This is a paid volunteer opportunity.

For more information, please contact:
Rebecca Pasch
Phone (646) 453-6984
Email: rebecca.pasch@alphasights.com

❖ The University of Michigan has created an Orthotic & Prosthetic Registry. This is a simple way to connect interested research participants with as many researchers at UM as possible.

Participation requirements:

- 18 years or older
- Currently use an orthotic and/or prosthetic device

If you are interested, please fill out a short survey that is stored in a secure database and your information will only be accessible by UM research groups. These groups will then contact you if you are eligible for any future studies. To sign up, please visit the link;
https://redcapproduction.umms.med.umich.edu/surveys/?s=K4JE8F94TY

For more information, please contact:
Michael Gonzalez
Phone: (954) 260-6024
Email: magonzo@umich.edu

❖ 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:
Michael Gonzalez
Phone: (954) 260-6024
Email: magonzo@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:
Hannah Frame
Phone: 734-764-3858
Email: hframe@umich.edu

- ***University of Michigan has 2 ongoing prosthetic research studies that are looking volunteers to participate:***

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:
Michael Gonzalez
Phone: (954) 260-6024
Email: magonzo@umich.edu

Upcoming Virtual & Live Events

- **Virtual Northern Michigan events and activities during summer 2020**. This is a great way to enjoy the northern part of our state without leaving your home. Visit the website for a list of activities going on throughout the summer; https://mynorth.com/2020/04/online-northern-michigan-events-activities-during-covid19/

- **Michigan Amputee Golf Association (MAGA) is hosting 3 golf events for the 2020 season with a 4th staged by students**. August 14th. For more information about these events, please

visit the website; http://maga.golf/events/

- **Amputee Coalition 2020 National Conference, August 20-22, 2020.** The National Conference this year will be virtual and will be a great way for those that have never gone but have always wanted to. The cost is $20. Please visit the website to register or for more information; https://www.amputee-coalition.org/events-programs/national-conference/

- **Experience Grand Rapids virtually!** This is a great way to visit museums and listen to concerts as well as summer camps for the kids. Please visit the website for all the events going on; https://www.experiencegr.com/events/virtual-events/

- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round along with open gym time. **Due to the coronavirus, the gym and other activities are unavailable.** But resources and other services are still available for those in need. For more information, visit the website at: https://www.annarborcil.org/how-we-help/

- **National Kidney Foundation is sponsoring Enhanced Fitness Classes** – They are offering helpful tools and links for fitness during this time. Please visit the website for more information: https://www.nkfm.org/enhance-fitness

- **Amputee Coalition Travel Adventures** - want to plan your own trip or get information on a planned guided trip that is accessible, please 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

Remember to say hello and check in on your neighbors. We all could use a little kindness these days.
Carla