



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

June 2021

Hello,

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

Summer officially starts on June 20th, *summer solstice*, the day the sun travels the longest path through the sky and that day has the most daylight.

As we slowly get back to 'normal activities' the U-CAN group will be meeting in-person for the summer. Seeing old faces and meeting new ones will be a wonderful change and a sign of getting back to some 'normalcy'. I hope you will be able to come out and join us. Information about the group is listed below.

Some good information to know about....

Did you know there are several organizations that lists wheelchair accessible trails in the U.S. along with walking and biking trails.

You can register with the website or get an app for your phone/tablet.

You can also look at the routes and maps so you can plan ahead.

The information and websites are listed below:

TrailLink, by rails to trails conservancy;

<https://www.traillink.com/activity/wheelchair-accessible-trails/>

AllTrails, disability trails and parks guide. They are in the US and Canada

They show hiking along with facilities and campgrounds.

Wheelchair friendly trails in Michigan: <https://www.alltrails.com/us/michigan/ada>

Wheelchair friendly trails in the U.S.: <https://www.alltrails.com/us/ada>

Did you know that the Triple A Study Act has been reintroduced in the Senate and the House of Representatives. If you would like to learn more and how you can help, please visit the website; <https://www.voterve.net/Amputee/campaigns/83865/respond>

This will make you smile....

Sign war between businesses brings communities together, CBS News, May 14, 2021;

<https://www.cbsnews.com/news/steve-hartman-on-the-road-jim-bohon-sign-war/>

Just for fun...

Enjoy some truly wonderful photos from the 2021 entries of the Comedy Wildlife Photographs Awards. The deadline is June 30th. I'll make sure to post the winner!

<https://www.comedywildlifephoto.com/>

Act of Kindness segment

Woman reunited with fisherman 35 years after they rescued her, CBS News, May 21, 2021;

<https://www.cbsnews.com/video/woman-reunited-with-fishermen-35-years-after-they-rescued-her/#x>

And now for a few laughs...

In honor of Father's Day, this month's skit is titled, "Father-son Podcasting Microphone," from SNL, October 2019 (youtube);

<https://www.youtube.com/watch?v=LSYsmgZEKv0>

U-CAN Meeting

Our next U-CAN meeting will be held on **Tuesday, June 1st, 5:30-7:30 PM.**

The meeting will be held in- person at A & W, 8220 Dexter Chelsea Rd, in Dexter.

We will meet at the outdoor accessible patio area.

Come join us for our 1st in-person meeting of the 2021 year! Enjoy a root beer float and meet some great people!

The prosthetic residents will be joining us for a short presentation on the newest technology in prosthetics over the past year.

In case of inclement weather, we will hold the meeting virtually.

A reminder will be sent out on Tuesday, June 1st about the meeting and access to the virtual link
If it rains.

Hope to see you all next Tuesday!

Quote of the month: "Every time you find humor in a difficult situation, you win"- Unknown

Articles

- Useful travel gear for lower-limb amputees, livingwithamplitude.com, May 5, 2021; https://livingwithamplitude.com/best-products-for-amputee-travelers/?mc_cid=9cf656b492&mc_eid=9ad15de810
- Meet an acclaimed actor and accidental athlete who happens to be a bilateral amputee, May 5, 2021; https://livingwithamplitude.com/amputee-actor-katy-sullivan-accidental-paralympic-athlete/?mc_cid=9cf656b492&mc_eid=9ad15de810
- Bill aims to probe insurance coverage denials for amputees, spectrumnews1.com, May 7,

2021; <https://spectrumnews1.com/ky/louisville/news/2021/05/07/bipartisan-bill-aims-to-probe-insurance-coverage-denials-for-amputees>

- Boy with prosthetic leg gets puppy born without a paw, Minnesota.cbslocal.com, May 9, 2021; <https://minnesota.cbslocal.com/2021/05/09/waconia-boy-with-prosthetic-leg-gets-puppy-born-without-paw/>
- Prosthetic Design allows new movement & creative possibilities, dancemagazine.com, May 10, 2021; <https://www.dancemagazine.com/prosthetics-choreography-2652676008.html?rebellitem=1#rebellitem1> (the short video shows an incredibly designed cuckoo clock prosthetic leg, you will be amazed)
- VA Medical Center testing implant to help paralyzed veterans walk again, wric.com, May 10, 2021; <https://www.wric.com/news/local-news/richmond/richmond-va-medical-center-testing-implant-to-help-paralyzed-veterans-walk-again/>
- College pitcher turning theft of prosthetic arm into a charity drive, washingtonpost.com, May 11, 2021; https://www.washingtonpost.com/sports/2021/05/07/parker-hanson-augustana-baseball-stolen-arm/?wpisrc=nl_sb_smartbrief
- Blue Jeans for amputees by amputees, livingwithamplitude.com, May 12, 2021; <https://livingwithamplitude.com/amputee-blue-jeans-adaptive-fashion-no-limits/>
- How one TikTok user is calling attention to limb difference and bionic arms, msn.com, May 17, 2021; <https://www.msn.com/en-us/news/us/e2-80-98i-exist-e2-80-99-how-one-tiktoker-is-trying-to-call-attention-to-limb-difference-e2-80-94-and-bionic-arms/ar-BB1gOQsd?ocid=BingNewsSearch>
- Prosthetics research is being fueled by new thinking, new materials, and new demands for those that rely on them, Harvard.edu, May 2021; <https://hms.harvard.edu/magazine/cost-conflict/life-limb>
- NBC counts on the paralympics to deliver gold, livingwithamplitude.com, May 17, 2021; <https://livingwithamplitude.com/nbc-counts-on-tokyo-paralympics-to-win-gold/>
- Freshman engineering students design prosthetic hiking foot and win first place at design expo, latech.edu, May 17, 2021; <https://www.latech.edu/2021/05/17/freshman-engineering-students-design-prosthetic-hiking-foot-win-first-place-at-design-expo/>
- Research shows how brains could adapt to prosthesis, interestingengineering.com, May 19, 2021; <https://interestingengineering.com/human-brain-can-support-extra-robotic-body-part-third-thumb>
- Watch how this amputee drummer plays again with the help of robotic arm and how he helped get this technology moving, mixdoenmag.com, May 20, 2021; <https://mixdownmag.com.au/news/watch-googles-tensorflow-powered-prosthetic-arm-helps-amputee-drummer-play-again/>
- Walmart, AMC Theatres and NBC Universal team- up for a community effort to show, 'Sky Blossom', An uplifting family film on children taking care of family with disabilities (5 families are featured with 1 of them being from Howell, MI), prnewswire.com, May 25, 2021; <https://www.prnewswire.com/news-releases/walmart-amc-theatres-and-nbcuniversal-team-up-for-community-effort-301299286.html>
- Accident gives good Samaritan new perspective, opedge.com, May 2021 issue; <https://opedge.com/Articles/ViewArticle/2021-05-01/accident-gives-good-samaritan-new-perspective>

Research Corner

- ❖ Researchers at Rosalind Franklin University of Medicine and Science in North Chicago are interested in developing interventions to reduce fear of falling in amputees and promote activity by combining physical therapy and cognitive behavioral therapy. The purpose of this research is to help understand the best ways to measure the impact of the fear of falling in people with an amputation.

Participation Requirements:

- Age 18 years and older
- Amputation has been at least 6 months ago
- Have acquired a unilateral or bilateral lower limb amputation (BK or AK)
- Be able to complete an online questionnaire that will take 25-45 minutes

Participants will receive \$15 for completing the study.

Below is the link to the survey. Click on the link to start:

https://rosalindfranklin.co1.qualtrics.com/jfe/form/SV_7Vyj4tJgrd0dcoj

Participants can also request a personalized link to the survey by going to:

<https://tinyurl.com/footamputation> and enter your email.

For questions or for more information about this study, please contact:

Dr. Noah Rosenblatt, principle investigator

Email: noah.rosenblatt@rosalindfranklin.edu

- ❖ A second year Masters, Fazia Farha, at Eastern Michigan University, is conducting a research study on the prevalence of the psychological effects following an amputation. The purpose of this study is to investigate the psychological effects of amputation and whether amputation causes emotional distress on amputees regardless of cause of amputation.

Participation Requirements:

- Age 18 years and older
- Have acquired a lower limb amputation that resulted from trauma or disease
- Have access to computer/tablet or smart phone to answer a short survey online
- Participation in the study will involve **anonymously** answering questions using google forms as the online platform. The estimated commitment for the survey is less than 5 minutes.

You may choose to leave the study at any time. If you leave the study, the information you

provide will still be collected anonymously and will be kept confidential.

Below is the link to the survey. Click on the link to start:

<https://docs.google.com/forms/d/e/1FAIpQLSfP-Mh3KNaii6qEqC2zR15iYklsUYLO5GnEVwBurfOJgL25Q/viewform>

For more information about this study, please contact:

Fazia Farha

Email: ffarha1@emich.edu

Phone: (734) 972-0850

- ❖ **Researchers at Northwestern University** are studying attitudes, preferences and information needs about hand/arm transplantation among people with upper limb amputations. The purpose of this study is to assess people's attitudes, decisions and expectations about hand transplant as a treatment option.

Participation requirements:

- Age 18-45 years of age
- Have an acquired unilateral or bilateral upper limb amputation
- Be able to use a smartphone or landline phone as a communicating device
- Be able to work independently

* Current recruitment for telephone interviews and telephone focus groups will be conducted over the next few months.

Participants will receive compensation for each interview or focus section.

For more information about this study, please contact:

Elisa Gordon, PHD, MDH

Email: e-gordon@northwestern.edu

Phone: (312) 503-5563

- ❖ **Researchers at the University of Maryland** are looking for amputees of all levels (upper or lower extremity) to try a new fitness tracking app. The app allows users to set goals, track progress, learn exercise techniques and workout virtually with other users through a live streaming function.

Participation requirements:

- Age 18-45
- Single limb amputation
- Able to participate in exercise activities
- Able to read and write English
- Having access to the internet and phone, tablet, computer or smart TV to access the fitness app

Participants will be asked to use the app for 8 weeks and respond to 4 surveys over the course of 3 months

If you are eligible, you will receive:

- Unlimited access to a fitness tracking app at no cost to you
- 3 months unlimited access to amputee specific workouts as well as all other workouts, yoga and nutrition
- \$10 incentive for completing all 4 surveys

If you are interested in this study, you can click the link below that will take you through a screening process and to the first set of survey questions. This will take about 25 minutes to complete. The 3 other surveys will take approximately 10 minutes to complete;

https://umdsurvey.umd.edu/jfe/form/SV_1N8uul5nGTdi0qF

For more information about this study, please contact:

Sara Olsen, MS MPH

Email: solsen@umd.edu

IRB package ID: 1599600-1

- ❖ ***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:

Kelsey Ebbs

Phone: (734) 647-5514

Email: klucinda@umich.edu

- ❖ ***University of Michigan School of Kinesiology*** is looking volunteers for the two studies listed below:

[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.

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 the above projects, 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:

Hannah Frame

Phone: 734-764-3858

Email: hframe@umich.edu

- ✚ Looking for more research opportunities, visit the **Amputee Coalition** website; <https://www.amputee-coalition.org/research/active-studies-seeking-participants/>

Upcoming Virtual & Live Events

- **The June 2021 Guide for things to do in Michigan**, take a look and plan ahead or go on a whim: <https://www.travel-mi.com/June-Michigan.html>
- **Michigan Amputee Golf Association is hosting 3 golf outings for 2021**. For more information about these events, please visit the website; <http://maga.golf/events/>
- **Tokyo Olympic & Paralympic Games, July 23-August 8, August 24-September 5, 2021**. The countdown has begun. NBC Universal will air a record 1,200 hours of the Paralympic games along with countless hours of the Olympic games. For more information on all the events, please visit the websites: <https://tokyo2020.org/en/paralympics/>
<https://olympics.com/tokyo-2020/en/>
- **Amputee Coalition National Conference September 29- October 2, 2021**. Please note that registration is still on hold but a decision will be made by the end of this week about how the conference will proceed. Please visit the website for more details: www.amputee-coalition.org/events-programs/national-conference
- **National Kidney Foundation is sponsoring Enhanced Fitness Classes** – They are offering helpful tools and links for fitness at home. 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 in the future 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>

Have a safe and happy June.

Carla