



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

March 2018

Hello,

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

Happy March everyone!

We have weathered quite a month- snow, ice, rain and spring like temperatures! I'm hoping this means that spring is right around the corner! As we move into March, the winter weather will be ending and the Paralympic games will be starting! What a perfect time to learn more about the history of how the games came to be.

In 1944, at the request of the British Government, Dr. Ludwig Guttmann opened a spinal injuries center at the Stoke Mandeville Hospital in Great Britain, and in time, rehabilitation sport evolved into recreational sport and then to competitive sport.

On July 29th, 1948, the day of the Opening Ceremony of the London Olympic Games, Dr. Guttmann organized the first competition for wheelchair athletes which he named the Stoke- Mandeville Games, a milestone in Paralympics history. Dr. Guttman was the head of the Stoke-Mandeville Hospital's Spinal Injuries Unit. This involved 16 people: 14 injured servicemen and 2 women, competing in one sport- archery.

Dr. Guttman realized that enforced, immobile bed rest, the standard practice in spinal injury cases was hurting his patients. He experimented with moving the patients, gently turning them over regularly, and was encouraged by the results. He began programs to strengthen the patients with simple games of ball, then wheelchair polo and basketball, darts, and archery. Patients lived and thrived, and the idea of competitive sports for people with physical disabilities took hold.

In 1952, Dutch ex-servicemen joined the Movement and the International Stoke Mandeville Games were founded. These Games later became the Paralympic Games which first took place in Rome, Italy in 1960 featuring 400 athletes from 23 countries, just days after the Olympics had concluded. For more than a decade, Paralympic competition was only held for summer sports.

Then, in 1976, the first Winter Games in Paralympics history were held in Sweden. It also featured athletes who were not wheelchair users- 198 athletes from 16 countries competed in Alpine and Nordic skiing for amputees and visually impaired athletes. They have taken place every four years since, and include a Paralympics Opening and Closing Ceremony.

On September 22nd, 1989, the International Paralympic Committee was founded as an international non-profit organization in Dusseldorf, Germany to act as the global governing body of the Paralympic Movement.

The 2018 Paralympics will be starting next week, March 9th- 18th. I have provided the link and hope you can check out some of the events; <https://www.pyeongchang2018.com/en/paralympics/schedule>

The Amputee Coalition (AC) launched a new initiative called "Amplify" Yourself. Its purpose is to make sure the voice of the limb loss and limb difference community is heard. Throughout the campaign, the AC will share stories of how people with limb loss and limb difference amplify their lives and spotlight the issues involved in getting prosthetic care covered. Access to quality prosthetic care is essential to life. No is not an answer or an option. You can get involved with the Amplify initiative in many ways; by writing your insurer, to your legislator and to your local community. For more information, visit the website: <http://amplifyyourself.org>

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, March 6th, from 5:30-7:30 pm.** On the agenda is the UM prosthetic residents who will be talking to us about what is *new in the world of prosthetics and how things have changed over time.*

Here's what's ahead at our next meeting

April 3rd- How to navigate health insurance

Quote of the month: "Normal is a dryer setting" – Elizabeth Moon

Articles

- Quadruple amputee has microchip implant to unlock doors, bbc.com; <http://www.bbc.com/news/av/uk-england-dorset-42725099/quadruple-amputee-has-microchip-implant-to-unlock-doors>
- Veteran becomes first double amputee to take on the winter sport, the Skeleton, forces.net, February 8, 2018; <https://www.forces.net/news/veteran-becomes-first-double-amputee-take-skeleton>
- Double-amputee races 86 floors up the Empire State Building, purpose2play.com, February 9, 2018; <https://purpose2play.com/2018/02/08/double-amputee-races-86-floors-up-the-empire-state-building/>
- 91- year- old woman gets to ski with help of a sports company, clickonDetroit.com, February 11, 2018; <https://www.clickondetroit.com/news/local-4-news-at-11/91-year-old-woman-gets-to-ski-with-help-of-sports-company>
- Wheelchair Fencing innovation breaks down barriers to the sport, Imperial College London, February 12, 2018; <https://www.imperial.ac.uk/news/184768/wheelchair-fencing-innovation-breaks-down-barriers/>
- Meet the first amputee to be featured in the Sports Illustrated swimsuit issue- on sale now, cosmopolitan.com, February 14, 2018; <http://www.cosmopolitan.com/health-fitness/a17833435/meet-the-first-amputee-to-feature-in-sports-illustrated-swimsuit-issue/>
- Film zooms in on 8 year-old amputee from Gaza living in an Israeli hospital, timesofisrael.com, February 15, 2018; <https://www.timesofisrael.com/film-zooms-in-on-8-year-old-amputee-from-gaza-living-in-an-israeli-hospital/>
- How fashion, shoes and accessories, enable the disabled, the guardian, February 16, 2018; <https://guardian.ng/life/style/how-fashion-shoes-and-accessories-enable-the-disabled/>
- Osseointegration and the O & P Practitioner, O & P Edge, February 2018 issue; <https://opedge.com/Articles/ViewArticle/2018-02-01/osseointegration-and-the-op-practitioner>

Research Corner

- ❖ A company in located in Detroit is working on the development of a smart phone app that will help alleviate phantom limb pain. They are currently in the testing phase of the app and are looking for volunteers with phantom limb pain, **upper or lower extremity**, to help test the technology. You will be compensated for your time and can come to you at your convenience.

The test calls for a simple 20 to 60 second smart phone video of the participant moving his or her limb. The app will flop the video image, ultimately showing the participant a video where they can see two functioning arms and legs and hopefully alleviate the phantom pain through a version of mirror therapy.

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

Pat Grant
Pocket Lightning, LLC
Phone: 586-722-4978
pmgrant@wowway.com

- ❖ **Researchers** at Indiana University's Department of Health Sciences are conducting a study to better understand the experiences that individuals with amputations have with massage therapy.

Participation requirements:

- Individuals who are 18 years or older and have at least one amputation
- Individuals who have or have never received a massage therapy treatment
- Completion of an online survey, between 20-30 minutes

You can access the survey at: <https://redcap.uits.iu.edu/surveys/?s=HAWRN4JJ87>

In appreciation of participants' time, each who completes a survey will be entered to win a \$25 Amazon gift card

If you would like more information or have any questions, please contact:

Dr. Niki Munk:
Phone: 317-278-8658
Email: nmunk@iu.edu

Upcoming Events

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class, March 3rd, 11 am- 12:30 pm, 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/>

- **Michigan Adaptive sports ski clinics, January – March, 2018.** The lesson includes access to specialized adaptive equipment, a certified instructor, and a lift ticket. Upcoming dates are listed below:

March 3 2018 - Crystal Mountain
March 4, 2018 - Crystal Mountain

For questions or for more information, visit the website: <https://www.michiganadaptivesports.com/lessons-and-guides>

- **First Swim, Dive & Snorkel Clinic, Sunday, March 4th, 2018, from 9:30 am- 12:30 pm, held at Eastern Michigan University, Michael Jones Pool at Olds Robb Student Recreation Complex.** The event is free and open to all ability levels but pre-registration is required. To register for the event or for questions, visit the website: <https://www.eventbrite.com/e/first-swim-first-dive-and-first-snorkel-clinics-at-emu-tickets-42473760160#tickets>

- **Amputee Coalition 2018 National Conference July 12-14th, Star pass Resort & Spa, Tucson, AZ.** For more information, visit the website: <https://www.amputee-coalition.org/events-programs/national-conference/>
- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round. For 2018, 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>
- **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 great month and stay warm!
Carla