



Hello,

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

Happy snow covered March! It has been a rough few months of snow and ice. I am counting down the days for spring to arrive. Daylight savings starts March 10th and the arrival of springs starts soon after, on March 20th. Let's hope that it arrives on time this year.

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, March 6th, 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 field of prosthetics.

Please note that if the Ann Arbor public schools are closed, the monthly group meeting will not be held.

A look Ahead

April- Celebrating Limb Loss Awareness Month

Quote of the month: *The secret of health for both mind and body is not to mourn the past, not to worry about the future, not to anticipate the future, but to live the present moment wisely and earnestly. - Buddha*

Articles

- New material grows like muscles, insidescience.org, January 31, 2019; <https://www.insidescience.org/news/new-material-grows-muscles>
- Self-taught teen pianist plays with 4 fingers and 2 prosthetic legs, wtkr.com, February 1, 2019; <https://wtkr.com/2019/02/01/self-taught-teen-pianist-plays-with-4-fingers-2-prosthetic-legs/>
- He's known as the 'No-Handed Bandit,' and he's helping other amputees learn basic life skills, Anchorage Daily News, February 4, 2019; <https://www.adn.com/nation-world/2019/02/05/hes-known-as-the-no-handed-bandit-and-hes-helping-fellow-amputees-relearn-basic-life-skills/>
- Implant brings increased dexterity and sense of touch to hand prosthesis, newatlas.com, February 5, 2019; <https://newatlas.com/detop-osseo-neuromuscular-implant-prosthesis/58338/>

- Mouse toes partially regrown after amputation thanks to two proteins, newscientist.com, February 5, 2019; <https://www.newscientist.com/article/2192819-mouse-toes-partially-regrown-after-amputation-thanks-to-two-proteins/>
- Inclusive new Emoji includes prosthetic arms and legs, futurism.com, February 6, 2019; <https://futurism.com/the-byte/new-emoji-prosthetic-arms-legs>
- Teen born without forearm turns Legos into a working prosthetic arm, USA Today, February 7, 2019; <https://www.usatoday.com/story/life/allthemoms/2019/02/07/teen-born-without-forearm-builds-working-robotic-lego-arm/2802415002/>
- Double amputee veteran chases truck driving dream, wkcrn.com, February 14, 2019; <https://www.wkcrn.com/news/double-amputee-veteran-chases-truck-driving-dream/1780782673>
- Solar- powered prosthetics for amputees a real possibility, marketbusinessnews.com, February 18, 2019; <https://marketbusinessnews.com/solar-powered-prosthetics/197206/>
- Foam developed for prostheses provides support for brace wearers, wtxl.com, February 18, 2019; http://www.wtxl.com/news/new-foam-invented-by-fsu-researchers-gives-student-athletes-much/article_b3e10892-33ca-11e9-83ca-13b9157a334b.html
- Syrian medical engineering student develops prosthetic hand for injured in war, xinhuanet.com, February 19, 2019; http://www.xinhuanet.com/english/2019-02/19/c_137834685.htm
- On the road, Steve Hartman shares a story of a veteran training therapy dog pays it forward, cbsnews.com, February 24, 2019; <https://www.cbsnews.com/live/video/20190223005228-on-the-road-with-steve-hartman-tells-a-story-a-veteran-training-therapy-dogs-to-pay-it-forward/>
- Hackers could target bionic limbs, research suggests, zdnet.com, February 26, 2019; <https://www.zdnet.com/article/your-bionic-hand-is-now-at-risk-from-hackers/>

Research Corner

- ❖ Eastern Michigan Masters' student in Orthotics and Prosthetics is looking for volunteers for a study concerning peer mentoring. The study involves a short, 15- minute interview regarding the experiences that you have had as a mentor in a peer mentoring program.

Participation requirements:

- Have been a peer mentor for 5 years or longer
- Willing to complete a 15- minute interview

If you are interested in participating in this study, please contact:

Brooke Antenen

Phone: 630-881-0043

Email: bantenen@emich.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

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, March 2nd, 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/>

- **Michigan Adaptive Sports learn to ski clinics from January-March 2019.** The lesson includes access to specialized adaptive equipment, a certified instructor, and a lift ticket. The dates for 2019 are listed below:
 - March 2 2019 - Crystal Mountain
 - March 3, 2019 - Crystal Mountain

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

- **Mt. Brighton Adaptive Sports has group and individual ski lessons available, for more information, visit the website; <http://mtbadaptivesports.org> or contact Mike Waning, Ski & Snowboard School Director at: Mwaning@VailResorts.com, (810) 229-9581**

- **UMAISE adult wheelchair basketball program in partnership with U of M RecSports.** The event is free and open to anyone 18 years and over, equipment is provided. The games are held at the North Campus Recreation Building (NCRB), 2375 Hubbard Rd, Ann Arbor. The game schedule is listed below:
 - March 10- 2-4 pm
 - March 21- 6-8 pm
 - April 7 - 2-4 pm
 - April 17 - 6-8 pm

- **OPAF First Swim, Scuba and Paddle Clinic, Sunday, March 24th, 2019 at EMU (Eastern Michigan University) Jones Pool, 9:30 AM – 12:30 PM.** The event is free but you must pre-register to attend. For questions, please contact Robin Burton at robin@opafonline.org or 980-819-9404. To register for the event, visit the website:
<https://www.eventbrite.com/e/emu-first-swim-first-dive-first-paddle-clinics-registration-56135224969>

- **Army vs Navy Wheelchair Basketball Game, Saturday, March 30th, 2019 at the Crisler Center, 333 E. Stadium Blvd, Ann Arbor.** Tipoff is at 3 PM & Admission is Free. For more information, please visit the website: <https://wheelchairbasketball.umich.edu/>
- **Amputee Coalition 2019 National Conference, July 25-27th in San Antonio, Texas.** Scholarships are available for 1st time attendees. For more information, visit the website at: www.amputee-coalition.org/events-programs/national-conference/
- **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>
- **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>

Stay warm and have a good month.
Carla