



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

November 2017

Hello,

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

The holiday of *ghosts* and *goblins* has sadly come to an end. But before we say goodbye and move into Thanksgiving, I have a few fun facts about Halloween I would like to share.

Originally, you had to dance for your treats. Most experts trace trick-or-treating to the European practice of “*mumming*,” or “*guysing*,” in which costume-wearing participants would go door-to-door performing choreographed dances, songs and plays in exchange for treats.

Halloween is more Irish than St. Patrick’s Day. Halloween’s origins come from a Celtic festival for the dead called “*Samhain*.” Celts believed the ghosts of the dead roamed Earth on this holiday, so people would dress in costumes and leave “treats” out on their front doors to appease the roaming spirits.

Halloween used to be a great day to find your soulmate. According to Nicholas Rogers’ book, “Halloween: From Pagan Ritual to Party Night”, in some parts of Ireland, people celebrated by playing romantic fortune-telling games. These games allegedly predicted who they’d marry.

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, November 7th from 5:30-7:30 pm**. On the agenda is 1 of UMHS Physical Medicine & Rehab physicians, Dr. Leonard to talk to us about how medicine has changed over his past 40+ years treating patients along with time for Q & A and our usual time out for food and chatting!

Here’s a look at our December meeting:

U-CAN’s finale meeting of the year is our annual holiday potluck party and white elephant gift exchange. Bring something from around your house and wrap it up pretty to exchange. Lots of food, fun and laughter!

Quote of the month: “Life is either a daring adventure or nothing” – Helen Keller

Articles

- A locally manufactured foot and a ray of hope for amputees in Sri Lanka, [usaid.gov/news](https://www.usaid.gov/news-information/frontlines/september-october-2017/locally-manufactured-foot-and-ray-hope), October 2017; <https://www.usaid.gov/news-information/frontlines/september-october-2017/locally-manufactured-foot-and-ray-hope>
- Watch this music video for a new song titled, “Show You the way” with Michael McDonald & Kenny Loggins, telling the story of a double amputee who goes into rehabilitation in an attempt to find peace, [pitchfork.com](https://pitchfork.com/news/thundercat-shares-new-video-with-michael-mcdonald-and-kenny-loggins-watch/), October 12, 2017; <https://pitchfork.com/news/thundercat-shares-new-video-with-michael-mcdonald-and-kenny-loggins-watch/>
- Model born without an arm becomes first amputee to walk at New York Fashion Week, [today.com](https://www.today.com/video/model-born-without-an-arm-becomes-first-amputee-to-walk-at-new-york-fashion-week-1076816451723), October 19th, 2017; <https://www.today.com/video/model-born-without-an-arm-becomes-first-amputee-to-walk-at-new-york-fashion-week-1076816451723>

- Japan's 'Leg Library' offers joy of blade running to amputees, aol.com, October 17, 2017; <https://www.aol.com/article/news/2017/10/17/japans-blade-library-offers-joy-of-blade-running-to-amputees/23245750/>
- Amputee walks for the first time in five years, monroenews.com, October 19, 2017; <http://www.monroenews.com/news/20171019/when-lesley-daniels-walked-for-first-time-in-five-years>
- This amputee and Halloween enthusiast has some of the most inventive costumes, mashable.com, October 23, 2017; <http://mashable.com/2017/10/23/paralympian-amputee-halloween-costumes/#bpZV2UBjXPqU>
- This double amputee-marine is running 31 marathons in 31 days to raise \$1 million for wounded veterans, sltrib.com, October 26, 2017; <http://www.sltrib.com/news/2017/10/25/this-double-amputee-marine-has-run-14-marathons-in-14-days-and-after-todays-in-salt-lake-city-plans-to-do-17-more-to-raise-money-for-wounded-veterans/>
- This golden retriever is quadruple amputee and now a therapy dog, washingtonpost.com, October 26, 2017; https://www.washingtonpost.com/news/animalia/wp/2017/10/26/this-golden-retriever-is-a-quadruple-amputee-and-now-a-therapy-dog/?utm_term=.205373b28da8
- A transfemoral amputee (AKA) back to firefighting less than a year after amputation, opedge.com, October 2017 issue; <https://opedge.com/Articles/ViewArticle/2017-10-01/brandon-anderson-back-to-firefighting-less-than-one-year-after-amputation>
- Scientists see brain rewiring itself to adjust to advanced prostheses, medgadget.com, October 27, 2017; <https://www.medgadget.com/2017/10/scientists-see-brain-rewiring-adjust-advanced-prostheses.html>
- Game 4 World Series first pitch tossed by young girl with prosthetic hand, espn.com, October 29, 2017; http://www.espn.com/mlb/story/_/id/21200779/world-series-game-4-first-pitch-tossed-young-girl-prosthetic-hand

Research Corner

- ❖ A company 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, preferably those with upper limb phantom pain who would be willing to help us test this technology. The test calls for a simple 20 to 60 second smart phone video of the participant moving his or her existing arm. The app will flip the video image, ultimately showing the participant a video where they can see two functioning arms and hopefully alleviate the phantom pain through a version of mirror therapy. The second phase will focus on lower limb phantom limb pain.

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

Pat Grant

Pocket Lightning, LLC

Phone: 586-722-4978

pmgrant@wowway.com

- ❖ A Multidisciplinary Design team at the University of Michigan is working with a nonprofit organization called E-NABLE to improve the designs of their 3D printed prosthetic device for **Transradial** amputees. As part of their efforts to improve the device, we are interested in gaining feedback to drive the needed adjustments.

If you are interested in providing feedback about your experience using an upper limb prosthetic by participating in a brief interview, please contact:

Jackie Katz, jkatz@umich.edu

- ❖ **Saginaw Valley State** University Occupational Therapy students are searching for participants for a study involving phantom limb pain and mirror therapy.

Participation requirements:

- 18 years of age or older

- are at least 3 months post-amputation
- currently experiencing phantom limb pain (PLP)

The study will occur on the campus of Saginaw Valley State University (SVSU) in Saginaw, MI and within your own home between the first week of October 2017 to mid- November 2017. You will participate in 18 sessions of mirror therapy, three times a week, over a period 6 weeks. Each mirror therapy session will last for thirty minutes. The first and last sessions will be conducted on the SVSU campus, along with completing a pain questionnaire, the other 16 sessions will be conducted within your home. During the first session, the researchers will teach you how to self-administer mirror therapy. You will then independently conduct the mirror therapy within your own home, by following a home exercise program. This program will outline specific instructions for each exercise. The researchers will supply you with a mirror box, a home exercise program instruction sheet and a progress sheet in which you will document exercises you completed during each session.

To thank you for participating in this study, you will be entered for the chance to win a \$25 Visa gift card

If you are interested in participating in the study or have questions, please contact:

Katelyn Murphy
Saginaw Valley State University
Phone: 980-600-6083
kamurphy@svsu.edu

❖ **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, Saturday November 11th from 11:00 am- 12:30 pm 2017 from at 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. To register for the class or for more information, please call 248-454-1715; <https://www.fredastaire.com/bloomfield-hills/>
- **Free Gait Training Clinics for individuals with lower extremity amputations, STAR Rehab, Grand Blanc, MI.** For more information, contact 810- 733-3375. The last clinic date for the year will be on: **November 30th 4:30- 6:30 pm**
- **Oakland County Parks and Recreation** has adaptive recreation and assistive devices. Check out their website for more information; <https://www.oakgov.com/parks/recreation/Pages/Adaptive-Recreation.aspx>

They also have events throughout the fall, please visit the website for more information;

<https://www.oakgov.com/parks/Pages/events.aspx>

- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round. They have a year round bowling league and a fitness gym that is open from 9 am- 4 pm Monday- Friday. For more details or for more information, check out their sports and recreation site: <http://www.annarborcil.org/offices/recreation/about-sport/> and their calendar of events: <http://www.annarborcil.org/events/>
- **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>

I wish all of you and your families a very Happy Thanksgiving.

Carla