



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

September 2017

Hello,

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

Summer has been a whirlwind of activity and is almost over. The fall season is knocking on the door with back to school, football and all that the season has to offer. I am sad to see the warm weather leave us, but looking forward to the fall.

I wish everyone a happy and safe Labor Day.

The amputee Coalition has launched a new initiative called, ' Amplify Yourself ' to help people with limb loss and limb difference use their voice to bring attention to the issues so many face with their insurance providers. They have a list of providers that you can select from and be linked directly to the insurance company. Check out the website for more information; <http://amplifyyourself.org/>

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, September 5th from 5:30-7:30 pm**. On the agenda is group discussion. Hope you can join us.

Quote of the month: "Once you learn to appreciate the small victories there is no need for a finish line." – fourplusangel.com

Articles

- Prosthetic knee type may determine cost of care for amputees, MayoClinic, July 2017; <https://newsnetwork.mayoclinic.org/discussion/prosthetic-knee-type-may-determine-cost-of-care-for-amputees/>
- Iraqi Orthopedic Surgeon returns home to help the wounded get back in the fight, nytimes.com, July 28, 2017; <https://www.nytimes.com/2017/07/28/world/australia/iraqi-surgeon-returns-home-to-help-the-wounded-get-back-in-the-fight.html>
- Marine veteran seeks next challenge with Tanzania's Mount Kilimanjaro, foxnews.com, August 3rd, 2017; <http://www.foxnews.com/us/2017/08/03/marine-veteran-amputee-seeks-next-challenge-with-tanzanias-mount-kilimanjaro.html>
- Amputee woman is swamped with marriage proposals after listing herself as 'Arms Dealer' on Tinder, insideedition.com, August 16, 2017; <http://www.insideedition.com/headlines/25015-amputee-woman-fields-12-marriage-proposals-after-listing-herself-as-arms-dealer-on-tinder>
- Rescue airman wins battle to serve, dobbins.afrc.af.mil, August 22, 2017; <http://www.dobbins.afrc.af.mil/News/Article-Display/Article/1286578/rescue-airman-amputee-wins-battle-to-serve/>
- A post graduate engineering student develops a prosthetic foot from sawdust, pulse.com.gh, August

23, 2017; <http://www.pulse.com.gh/campus/innovation-knust-student-develops-prosthetic-foot-from-sawdust-id7189495.html>

- Beyond the call of Duty; Double Amputee walks the beat in Suffolk, news12.com, August 28, 2017; <http://www.news12.com/story/36213744/beyond-the-call-of-duty-double-amputee-walks-the-beat-in-suffolk>

Research Corner

- ❖ 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

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, Saturday September 16th, from 11 am -12:30 pm 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 clinic dates are listed below:
September 28th 4:30- 6:30
October 26th 4:30- 6:30
November 30th 4:30- 6:30

- **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** Check out the trips planned throughout the 2017 year. For more information on when and where, visit the website:
<http://www.amputee-coalition.org/events-programs/travel-adventures/>

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!
Carla