



**MICHIGAN MEDICINE**  
UNIVERSITY OF MICHIGAN

# U-CAN NEWSLETTER

June 2017

Hello,

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

I hope you had a nice Memorial Day weekend! Well, I can't believe that June has arrived! 2017 sure feels like it is going by quickly! There are a lot of great events and activities going on for the summer. Take a look at the **Upcoming Events** Section for all the information.

June is a busy month with graduations, weddings and vacations! Please be safe and get outside and enjoy the great weather mother nature is bestowing up us!

Lastly, Zach Gowen, the American Ninja Warrior contestant and former pro wrestler who came out to O & P in January this year will be climbing the Antisana Volcano in Ecuador in July for the Range of Motion Project (ROMP) to help amputees in need receive treatment and prosthetics. I will be posting more information as it gets closer and updating you on his progress. We wish him all the best in his journey to climb the 4<sup>th</sup> largest volcano in the northern Andes. To read more, I included a recent article from mlive:

[http://www.mlive.com/sports/2017/05/former\\_american\\_ninja\\_warrior.html](http://www.mlive.com/sports/2017/05/former_american_ninja_warrior.html)

## Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, June 6<sup>th</sup> from 5:30-7:30 pm**. We will meet at the **A & W in Dexter: 8220 Dexter Chelsea Rd, Dexter**. They have a nice outdoor seating area where we will meet and have our meeting. Please come out and join us for a nice evening.

Please note that if it rains, we will meet at the Aubree's down the road: 8031 Main St #101, Dexter. **If you would like to carpool (catch a ride), please contact me before the meeting on 6/6. We will leave from the O & P Center by 4:45 PM.**

## Here's what's ahead at our upcoming U-CAN meetings:

**July 11th- Botanical Gardens**, 1800 N. Dixboro Rd, Ann Arbor. We will meet at the outdoor picnic area at 5:30. **If you would like to carpool (catch a ride), please contact me and we will meet at the O & P Center.**

**Please note the July meeting has been moved to Tuesday the 11<sup>th</sup> due to July 4<sup>th</sup> falling on our meeting day.**

**August 1st- group discussion**, meeting held at O & P

**Save the Date: The U-CAN annual summer Picnic will be held on Saturday, August 26<sup>th</sup>** this year at Marsh View Meadows Park in Ann Arbor. The park is nice and clean with a play area for kids and has a nice shelter area that is reserved and the bathroom facilities are close by. Come out and spend the afternoon with us. All the details are listed in the **Upcoming Events** section below.

**Quote of the month:** "Life is about accepting the challenges along the way, choosing to keep moving forward, and savoring the journey." – Roy T. Bennett

---

## Articles

- The double amputee with drive to become a racing champ, [bbc.com](http://www.bbc.com/news/uk-scotland-39780644), May 3, 2017; <http://www.bbc.com/news/uk-scotland-39780644>
- Hand that 'sees' offers new hope to amputees, [phys.org](https://phys.org/news/2017-05-amputees.html), May 3, 2017; <https://phys.org/news/2017-05-amputees.html>
- 7 year old shows off her new prosthetic leg at school warms your heart, [nbcnews.com](http://www.nbcnews.com/nightly-news/video/video-shows-classmates-welcome-7-year-old-with-new-prosthetic-leg-936698947994), May 5, 2017; <http://www.nbcnews.com/nightly-news/video/video-shows-classmates-welcome-7-year-old-with-new-prosthetic-leg-936698947994>
- Lego No go, Lego refuse to make one-legged figure of amputee despite having peg-legged pirate model, [thesun.co.uk](https://www.thesun.co.uk/news/3498064/lego-refuse-to-make-one-legged-figure-of-amputee-despite-having-peg-legged-pirate-model/), May 6, 2017; <https://www.thesun.co.uk/news/3498064/lego-refuse-to-make-one-legged-figure-of-amputee-despite-having-peg-legged-pirate-model/>
- In Iraq's Mosul, many survivors face future as amputees, [foxnews.com](http://www.foxnews.com/world/2017/05/11/in-iraq-mosul-many-survivors-face-future-as-amputees.html), May 11, 2017; <http://www.foxnews.com/world/2017/05/11/in-iraq-mosul-many-survivors-face-future-as-amputees.html>
- Golfing World: Veteran amputee turns pro, [golfchannel.com](http://www.golfchannel.com/video/golfing-world-veteran-amputee-browne-turns-pro/), May 14, 2017; <http://www.golfchannel.com/video/golfing-world-veteran-amputee-browne-turns-pro/>
- Amputee gives stunning performance on his prosthetic, [nbcnews.com](http://www.nbcnews.com/nightly-news/video/inspiring-america-amputee-gives-stunning-performance-on-prosthetic-945566787507), May 16, 2017; <http://www.nbcnews.com/nightly-news/video/inspiring-america-amputee-gives-stunning-performance-on-prosthetic-945566787507>
- FDA issues amputation warning for diabetes drug, [pharmaceutical journal.com](http://www.pharmaceutical-journal.com/news-and-analysis/news-in-brief/fda-issues-amputation-warning-for-diabetes-drug-canagliflozin/20202813.article), May 19, 2017; <http://www.pharmaceutical-journal.com/news-and-analysis/news-in-brief/fda-issues-amputation-warning-for-diabetes-drug-canagliflozin/20202813.article>
- Baylor partnership develops new model to aid Sri Lankan amputees, [opedge.com](https://opedge.com/Articles/ViewArticle/2017-04-21/2017-05_01), May 2017 issue; [https://opedge.com/Articles/ViewArticle/2017-04-21/2017-05\\_01](https://opedge.com/Articles/ViewArticle/2017-04-21/2017-05_01)
- Europe's pursuit of a better Transhumeral Limb (Upper), [opedge.com](https://opedge.com/Articles/ViewArticle/2017-04-21/2017-05_02), May 2017 issue; [https://opedge.com/Articles/ViewArticle/2017-04-21/2017-05\\_02](https://opedge.com/Articles/ViewArticle/2017-04-21/2017-05_02)

## 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](mailto: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 June 2017 to mid-July 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 1<sup>st</sup> & 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 daily progress log on which you will document.

**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](mailto: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 \$20 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](mailto:nmunk@iu.edu)

- ❖ **Researchers** from The University of Michigan Health System's Physical Medicine & Rehabilitation Department are currently exploring issues that women with disabilities face when receiving care for gynecological or reproductive health needs.

We want to hear from you about your experiences. For example, we are interested in things like barriers to getting the health care you need, accommodations you need at appointments, how your gynecological and reproductive needs affect personal relationships, and any other subjects you think we should add to the questionnaire.

Women or girls eligible for this study will be 16-50 years old, able to communicate comfortably in English and have some limitation in mobility, for at least 6 months, where they need some help with either personal care and/or routine needs, like everyday chores or going to the store. The cause of disability does not matter, it can be illness, injury or a condition from birth. Focus groups will be about 1 – 1.5 hours long. Participants will receive \$25.

**For questions or more information, please call:** 734-763-0430

Email: [whdresearch@umich.edu](mailto:whdresearch@umich.edu)

**Participation** requirements: we will ask you to do the following things:

Read and complete an informed consent form and participate in a 20 minute interview.

- ❖ **Faculty** at the University of Washington are conducting research to learn how to make participation in play for children who use **lower extremity prostheses** an easy and enjoyable activity. This study will improve our understanding of play barriers, behaviors, and preferences in children who use lower extremity prostheses. Information from this study will also help inform the development of an outcome measure that will better identify play barriers and a new pediatric prosthetic foot to better meet a child's needs for participation in play.

Criteria for Participation:

- Parents of children with lower extremity prostheses between the ages of 6 to 12 years old.
- Parents who are able to read and speak English.

**Participation will require a short, online survey that will take up to 10 minutes to complete.**

If you would like to participate, please go to: <https://goo.gl/uVdBSH>

**For questions or more information, please contact:**

Cheryl Kerfeld, PT, PhD

Phone: 206-713-7121

Email: [ckerfe@uw.edu](mailto:ckerfe@uw.edu)

## Upcoming Events

- [U-CAN Picnic, Saturday August 26<sup>th</sup>, 12:00-3:30 PM at Marsh View Meadows Park, 300 E Textile Rd, Ann Arbor](#) (the park is on Textile between Platt & State St)  
Friends and families welcome. Join us for a fun afternoon of food, games and good company! Please bring a dish to pass. **Please RSVP by August 22<sup>nd</sup>.**  
For questions or for more information, please contact: Carla Vollmer, 734- 975-7432 or [cvollmer@umich.edu](mailto:cvollmer@umich.edu)
- **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:  
June 22<sup>nd</sup> 4:30 -6:30  
September 28<sup>th</sup> 4:30- 6:30  
October 26<sup>th</sup> 4:30- 6:30  
November 30<sup>th</sup> 4:30- 6:30
- **Dance Mobility- Amputee & wheelchair Ballroom Dancing, Saturday June 10<sup>th</sup> , 11 am- 12:30 pm** at Fred Astaire Dance Studios in Bloomfield Hills, MI. The Dance Mobility program provides **free monthly wheelchair and amputee ballroom group lessons**, led by Fred Astaire's professional, certified dance instructors with experience in teaching wheelchair and amputee 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/>
- **Michigan Amputee Golf Association (MAGA) has 4 events throughout the year from May-August.** Checkout out their website for more information; <http://maga.golf/events/>
- **North American One-Armed Golfers Association (NAOAGA) 17<sup>th</sup> Annual Championship, June 24 – 29<sup>th</sup>, 2017, Tree Tops, Gaylord, MI.** For more information, contact Bill Frey, 502-648-8880, [wifreyjr@gmail.com](mailto:wifreyjr@gmail.com)

- **Lucky Fin Project Weekend, July 14-16<sup>th</sup>, Embassy Suites, 850 Tower Dr., Troy MI.** An opportunity for families who have someone with a hand or upper limb difference to get together to share, network and celebrate. Weekend will include family friendly activities, special guests, food, live entertainment and music! \$18 per person. Children 24 months and younger Free. For more information and for a list of scheduled activities for the weekend, please visit the website: <https://www.eventbrite.com/e/lucky-fin-project-weekend-2017-tickets-32868235778>
- **AACIL Celebrating the ADA's 27<sup>th</sup> Anniversary, July 26<sup>th</sup> 2017 at 3941 Research Park Dr., AA, from 4-7 pm.** There will be music, food, games, prizes & activities along with tours. The event is free. For more information or for accommodation requests, please contact the CIL at: 734-971-0277 or info@aacil.org
- **Amputee Coalition 2017 National Conference, August 3-5<sup>th</sup>, Gait House Hotel, Louisville, KY.** The conference this year is approximately a 5 ½ drive. If you have thought about attending, this is a good year to go. Please visit the website for more information; <http://www.amputee-coalition.org/events-programs/national-conference/>
- **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 & 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 2016 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