



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

May 2017

Hello,

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

We are moving right along, already deep into 2017 (I can't believe it's almost May already and summer is right around the corner). May brings us 2 holidays: Mother's Day and Memorial Day. I want to wish all mom's a happy Mother's Day and everyone a safe and reverent Memorial Day.

There are 4 more days left in April and "Show your Mettle" day is on April 29th, 2017. The concept of "Show Your Mettle" refers to having the ability to cope well with difficulties or to face a demanding situation in a spirited and resilient way. Take some time to celebrate you and your unique difference.

A student at Yale University contacted me recently about a non-profit organization called Penta Group that he started along with several engineering students to repurpose used prosthetics for people with limb loss in Vietnam. They are developing a streamlined model to collect used prosthetics in the U.S., ensuring quality control of the devices and working directly with the largest orthopedic hospital in Ho Chi Minh city to repurpose the parts for people with disabilities. They also offer complete transparency of donations and donors will be able to track the status of their used prosthetic devices. Please check out their website: <https://www.pentawebsite.com/> The organization has been in existence for about a year and is having good success in fitting amputees in Vietnam, where there is such a great need.

Penta Group will pay for the shipping at no cost to you. They would prefer to have several used prosthetics shipped at once if possible. If you have any used prosthetics and would prefer to bring them to me, I can take care of the rest (box and ship them for you). I have a few legs laying around the house myself that I know will be of great use.

Lastly, don't forget about the **Heart Walk** on May 6th at **Eastern Michigan University**. Come out and spend a few hours on Saturday and walk (or use your assisted device) with **U-CAN**. More details about the walk are listed in the **Upcoming Events** section below.

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, May 2nd from 5:30-7:30 pm**. We will be having a movie night with all the goodies (along with healthy snacks)!

[Here's what's ahead at our upcoming U-CAN meetings:](#)

June- A & W outing, 8220 Dexter Chelsea Rd, Dexter. This is our annual group outing. We will meet at the outdoor area at 5:30 pm.

July- Botanical Gardens, 1800 N. Dixboro Rd, Ann Arbor. We will meet at the outdoor picnic area at 5:30.

Please note the the July meeting has been moved to Tuesday the 11th due to July 4th falling on our meeting day.

August- group discussion, meeting held at O & P

Quote of the month: “Every experience, no matter how bad it seems, holds within it a blessing of some kind. The goal is to find it.” - Buddha

Articles

- Meet the 24- year- old amputee changing the face of yoga, foxnews.com, April 7, 2017; <http://www.foxnews.com/lifestyle/2017/04/07/meet-24-year-old-amputee-changing-face-yoga.html>
- ABC pays tribute to brave San Antonio woman, mysanantonio.com, April 11, 2017; http://www.mysanantonio.com/entertainment/entertainment_columnists/jeanne_jakle/article/ABC-pays-tribute-to-brave-San-Antonio-woman-11065877.php
- Double amputee makes history as he completes world’s toughest race, itv.com, April 14, 2017 (update from February 2nd article); <http://www.itv.com/news/2017-04-14/duncan-slater-makes-history-as-first-double-amputee-to-complete-worlds-toughest-race/>
- Vermont Teddy Bear partners with the Amputee Coalition featuring new Limb Loss, Limb Difference bears, vermontbiz.com, April 18, 2017; <http://www.vermontbiz.com/news/april/vermont-teddy-bear-partners-amputee-coalition-featuring-new-limb-loss-and-limb-difference>
- Marine who lost leg in Afghanistan provides inspirational image of 2017 Boston Marathon, bostonherald.com, April 18, 2017; www.bostonherald.com/news/local_coverage/2017/04/marine_who_lost_leg_in_afghanistan_provide_s_inspirational_image_of_2017
- The new ‘Fin’ that propels amputees in the water, cnn.com, April 21, 2017; <http://www.cnn.com/2017/04/21/health/swim-leg-prosthetic/>
- One young boy’s hoop dreams, CBS Sunday Morning, April 23, 2017; https://www.youtube.com/watch?v=S6qhFwc5_i8
- A new prosthetic ankle allows amputees to pick up their foot and walk up slopes, medical express.com, April 26, 2017; <https://medicalxpress.com/news/2017-04-ankle-prosthetic-amputees-foot-slopes.html>

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 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 1st & 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

- ❖ **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

- ❖ **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

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

Upcoming Events

- **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:
April 27th 4:30- 6:30
May 25th 4:30- 6:30
June 22nd 4:30 -6:30
September 28th 4:30- 6:30
October 26th 4:30- 6:30
November 30th 4:30- 6:30
- **2017 Washtenaw County Heart Walk for the Heart Association, May 6th, at Bowen Field, on EMU Campus, 900 Oakwood St, Ypsilanti, MI.** Come out and join **U-CAN walk for the heart association**. Gates open at 8 am, Opening Ceremonies start at 9:00 am, Walk starts at 9:30 am. You can choose from a 1 or 3 mile walk (wheelchair, scooter or any assisted device welcome). The walk is free and is good exercise, pets are welcome. **Registration is required. To register under the U-CAN team name**, go to the website listed below. You will see my name listed as the team captain. I Look forward to seeing you there!
http://www2.heart.org/site/TR?fr_id=2108&pg=personal&px=2078109
- **Dance Mobility- Amputee & wheelchair Ballroom Dancing, Saturday May 6th at Fred Astaire Dance Studios in Bloomfield Hills, from 2:30 - 4:00pm.** 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) 17th Annual Championship, June 24 – 29th, 2017, Tree Tops, Gaylord, MI.** For more information, contact Bill Frey, 502-648-8880, wjfreyjr@gmail.com
- **Amputee Coalition 2017 National Conference, August 3-5th, 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