

Amputee Rehabilitation:

Evidence-Based Strategies Across the Continuum of Care

Inger Brueckner, MS, PT

Faculty

Inger Brueckner is the principle physical therapist treating amputee patients at Presbyterian/St. Luke's Medical Center. Her experience working with multidisciplinary teams spans from pediatrics to geriatrics; partial foot to hemipelvectomy; and partial hand to forequarter amputation including multi-limb loss. Inger has a master's degree in PT, co-authored an article on pre-prosthetic training, and speaks at numerous conferences. She's involved in research that includes grant applications, protocol development, and outcome collection. She specializes in pediatric vestibular dysfunction at Sky Ridge Medical Center and is the Director of the PACER program for the Center for Concussion. Inger is excited to share her experiences working with a team to meet the needs of the amputee population.

Disclosure -Financial: Ms. Brueckner receives an honorarium from ERI for teaching. Non-financial: No non-financial relationships to disclose.

"After taking this course I now feel more prepared and confident to work with patients with limb loss."

- E Montoya, PT

About this Course

This course offers a comprehensive perspective for management of the limb loss patient. Clinical expertise can be difficult to obtain since this population is a small proportion of the rehabilitation caseload. Current research, expert opinions from PT, OT, orthopedic and plastic surgeons, PM&R, prosthetists, as well as patient experiences will be presented. The class addresses the medical issues and common complications that place limbs at risk. Attendees will learn to make educated clinical decisions to improve function. This dynamic course addresses limb loss due to diabetes, vascular disease, trauma, cancer, sepsis and congenital issues. Current guidelines recommend therapy interactions start pre-operatively and continue through the lifespan of the patient. New technology, surgical techniques and futures directions are included in discussion. Many of the techniques described in the course can be applied to patient populations with limbs at risk and the multi-trauma patient. The course is primarily lecture with multiple video clips taken throughout the continuum of care. There will be demonstrations and hands-on experiences intermixed with the lecture.

Objectives

- ① Design, implement and modify an individual rehabilitation program using up to date techniques for common co-morbidities and with knowledge of the lifetime needs of this population
- ① Identify movement and posture dysfunction that can be addressed with therapy interventions efficiently and recognize when other disciplines may need to be consulted
- ① Identify and address frequent complications such as phantom pain, residual limb pain, low back pain and skin integrity
- ① Discuss upper extremity loss and address ADLs by problem solving the functional deficit
- ① Recognize questions the patient may have regarding the entire spectrum of rehabilitation and identify the role in a team to maximize outcomes

Patient Population & Audience

This course is designed for: PTs, PTAs, OTs, OTAs, and ATCs who are working with patients who have limb loss. This course is relevant across the lifespan for all persons with limb loss or limb difference.

Schedule – Day 1

7:30-8:00	Registration and Continental Breakfast
8:00-8:30	Amputations: Scope, multidisciplinary team approach, patient perspectives. Current research and recommendations, insurance issues, K levels
8:30-9:30	Medical considerations for amputation; diabetes, peripheral vascular disease, infection, sepsis, cancer, and trauma
9:30-10:00	Pre-operative evaluation, sound limb inspection/protection, psychological considerations, support groups, review of VA/DOD treatment guidelines
10:00-10:15	Break
10:15-10:45	Surgical management of bone, muscle, skin and nerve, shaping of the residual limb for best function in prosthetics, remarks from Orthopedic surgeons, Plastic surgeons and Physiatry
10:45-11:30	Intra-operative video of surgical technique, Ertl procedure, revision surgery, limb lengthening
11:30-12:00	Acute post-op management, positioning, compression of residual limb, initial mobilization, ADL management, mirror therapy
12:00-1:00	Lunch (on your own)
1:00-2:30	Pre-prosthetic training, preparing the limb for prosthetic use, OT considerations for LE amputation, ADL equipment, upper extremity considerations, maximizing independence, HEP development. Home modification for multi-limb patients, driving adaptations
2:30-3:00	Core exercises, ROM, co-morbidity considerations with sepsis, cancer and diabetes
3:00-3:15	Break
3:15-4:00	Cardiovascular training: current guidelines for exercise with diabetes, vascular disease, and foot ulcers, aquatic therapy, balance and falls

Schedule – Day 1 (continued)

4:00-4:30	LAB: Hands-on/tactile techniques to improve mobility and movement patterns in preparation for prosthetic use
4:30-4:45	Upper limb prosthetics, PT role in UE amputees
4:45-5:10	Prosthetic discussion, multidisciplinary team - defining roles and communication
5:10-5:30	LAB: assessing posture/stance

Schedule – Day 2

7:30-8:00	Continental Breakfast
8:00-9:00	Prosthetics fabrication, components, suspension systems, donning/doffing, skin checks, initial delivery, wear schedule, skin preparation, moisture management, initial fit issues and problem-solving sock ply with patient involvement, beginning activity, floor transfers, fall practice
9:00-10:00	Gait training: assistive devices, stair, curb and ramps, observation and intervention techniques
10:00-10:15	Break
10:15-11:00	LAB (including video): tactile cues for common gait dysfunctions
11:00-12:00	Running and return to sport, travel considerations and adaptive avocation
12:00-1:00	Lunch (on your own)
1:00-2:00	Complications: skin issues, phantom pain, residual limb pain, low back pain, common musculoskeletal issues
2:00-2:30	LAB: techniques for low back and nerve pain, manual interventions
2:30-2:45	Break
2:45-3:30	Advancements, upcoming surgical and prosthetic interventions, targeted muscle integration, pattern recognition, osseous

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Amputee Rehabilitation/Brueckner

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