

## Resources for People With Bilateral Lower Extremity Limb Loss

June 2008

This monthly publication is designed to inform you of resources the NLLIC has to offer on a chosen topic. Please feel free to distribute to those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at [library@amputee-coalition.org](mailto:library@amputee-coalition.org).

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### Books

**Atlas of Amputations and Limb Deficiencies: Surgical, Prosthetic and Rehabilitation Principles** / American Academy of Orthopaedic Surgeons; edited by Douglas G. Smith, John W. Michael, and John H. Bowker. 3rd edition. Rosemont, IL: American Academy of Orthopaedic Surgeons, 2004. ISBN 0-89203-313-4. This atlas is a comprehensive reference on the surgical, prosthetic and rehabilitative management of adults and children who have lost a limb or who have congenital limb loss. This source contains many images and illustrations. See chapter from 1992 edition online, "Special Considerations: Fitting and Training the Bilateral Lower-Limb Amputee." [www.oandplibrary.org/alp/chap24-01.asp](http://www.oandplibrary.org/alp/chap24-01.asp).

**Living With a Below-Knee Amputation: A Unique Insight From a Prosthetist / Amputee** / Richard Lee Riley. Thorofare, NJ: SLACK Incorporated, 2006. ISBN 1-55642-6925. Authored by an amputee and prosthetist, this book covers a spectrum of information on being a below-knee amputee. Also includes a chapter specifically about bilateral amputees, their stories, prosthetic considerations and mobility issues.

**Lower Limb Amputation: A Guide to Living a Quality Life** / Adrian Cristian. New York: Demos Medical Pub., c2006. ISBN 1-932603-24-7. Includes information on many aspects of living with limb loss including: surgery, the early post-surgical period of recovery, rehabilitation, prostheses, problems commonly encountered by lower limb amputees and coping with limb loss. There is a chapter on the bilateral amputee.

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### Library OPAC

Find other related resources by searching the NLLIC OPAC. Note that this is just a sampling of items found in the OPAC.



**“ACA / NLLIC Fact Sheet: Foreshortened Protheses (Stubbies).”** Knoxville, TN: Amputee Coalition of America. Stubbies, also known as “platforms,” are foreshortened protheses used during and sometimes after initial ambulatory rehabilitation for bilateral above-knee amputees. This fact sheet describes what stubbies are, how they are designed, and who can benefit from them.

[www.amputee-coalition.org/fact\\_sheets/stubbies.html](http://www.amputee-coalition.org/fact_sheets/stubbies.html)

[www.amputee-coalition.org/fact\\_sheets/stubbies.pdf](http://www.amputee-coalition.org/fact_sheets/stubbies.pdf)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/stubbies.html](http://www.amputee-coalition.org/spanish/fact_sheets/stubbies.html)

Spanish: [www.amputee-coalition.org/spanish/fact\\_sheets/stubbies.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/stubbies.pdf)

Easy Read: [www.amputee-coalition.org/easyread/fact\\_sheets/stubbies-ez.html](http://www.amputee-coalition.org/easyread/fact_sheets/stubbies-ez.html)

Spanish Easy Read: [www.amputee-coalition.org/spanish/easyread/fact\\_sheets/stubbies-ez.html](http://www.amputee-coalition.org/spanish/easyread/fact_sheets/stubbies-ez.html)

**“Fighting To Fly”** / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2003. Article from *inMotion*, September/October 2003. This is a profile of Alverna Williams, a bilateral lower-extremity amputee, who was the first pilot with a physical disability to be licensed to fly an airplane by the Federal Aviation Administration.

[www.amputee-coalition.org/inmotion/sep\\_oct\\_03/fly.html](http://www.amputee-coalition.org/inmotion/sep_oct_03/fly.html)

[www.amputee-coalition.org/inmotion/sep\\_oct\\_03/fly.pdf](http://www.amputee-coalition.org/inmotion/sep_oct_03/fly.pdf)

**“Knocking Down Pins, Knocking Down Doubts”** / Bowers, Rick. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, November / December 2006. In this article, meet two amputees (Bilateral AK / Hip Disarticulation and Hip Disarticulation) who continue to bowl and enjoy life despite their disabilities.

[www.amputee-coalition.org/inmotion/nov\\_dec\\_06/knocking\\_down\\_pins.html](http://www.amputee-coalition.org/inmotion/nov_dec_06/knocking_down_pins.html)

[www.amputee-coalition.org/inmotion/nov\\_dec\\_06/knocking\\_down\\_pins.pdf](http://www.amputee-coalition.org/inmotion/nov_dec_06/knocking_down_pins.pdf)

Spanish: [www.amputee-coalition.org/spanish/inmotion/nov\\_dec\\_06/knocking\\_down\\_pins.html](http://www.amputee-coalition.org/spanish/inmotion/nov_dec_06/knocking_down_pins.html)

Spanish: [www.amputee-coalition.org/spanish/inmotion/nov\\_dec\\_06/knocking\\_down\\_pins.pdf](http://www.amputee-coalition.org/spanish/inmotion/nov_dec_06/knocking_down_pins.pdf)

**“On the Road: Traveling Around the World in Search of Adventure”** / Élan Young, Knoxville, TN: Amputee Coalition of America, 2007. Article from *inMotion*, September / October 2007. The story of two motorcycle enthusiasts (including one bilateral AK / BK) who, through grit and determination, as well as adaptability and modification, travel around world for adventure.

**“The Strength to Carry On: Amputees Share Their Secrets of Success”** / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, September / October 2006. This article highlights people who share their experiences as new amputees. Jessica shares her secret to getting back on her “feet” after losing both legs above the knee in a car accident. Manuel, 25, says that it took him two years to get over the anger after losing all four limbs in an electrical accident at work.

[www.amputee-coalition.org/inmotion/sep\\_oct\\_06/strength\\_to\\_carry.html](http://www.amputee-coalition.org/inmotion/sep_oct_06/strength_to_carry.html)

[www.amputee-coalition.org/inmotion/sep\\_oct\\_06/strength\\_to\\_carry.pdf](http://www.amputee-coalition.org/inmotion/sep_oct_06/strength_to_carry.pdf)

Spanish: [www.amputee-coalition.org/spanish/inmotion/sep\\_oct\\_06/strength\\_to\\_carry.html](http://www.amputee-coalition.org/spanish/inmotion/sep_oct_06/strength_to_carry.html)

Spanish: [www.amputee-coalition.org/spanish/inmotion/sep\\_oct\\_06/strength\\_to\\_carry.pdf](http://www.amputee-coalition.org/spanish/inmotion/sep_oct_06/strength_to_carry.pdf)

**“Taking the First Step”** / Peter J. Purdy. Knoxville, TN: Amputee Coalition of America, 2007. Article from *inMotion*, March / April, 2007. Peter Purdy, a bilateral amputee, perseveres through his worries and doubts, and takes the trip of a lifetime to the Galápagos Islands.

**“Transitioning To Acceptance”** / Judy Squier. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, March / April, 2006. Judy Squier writes about her 50-year journey with protheses as a bilateral above-knee amputee. As she reflects on the guilt of her protheses staying in the closet and her preference for a manual wheelchair, she is beginning to accept that what worked for her as a teenager may not work for her now.

\*These articles are available on request by calling 888/AMP-KNOW (267-5669).

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## More Articles

**“Bilateral Transfemoral Amputation Due to Vascular Insufficiency”** / John Michael. OandP.com, July 2004. This article from the popular column *John Michael’s Corner* discusses some of the limitations of bilateral transfemoral prostheses. Independence gained from adaptive technology instead of prostheses is also discussed. The article includes specific examples of possible alternatives to prostheses to use in farming.

[www.oandp.com/news/jmcorner/2004-07/1.asp?searchquery=bilateral\\_](http://www.oandp.com/news/jmcorner/2004-07/1.asp?searchquery=bilateral_)

**“Bilateral Amputation Doesn’t Slow Biker Down”** / Miki Fairley. *The O&P Edge*, December 2003. This article profiles motorcycle enthusiast James Flink, who is a bilateral below-knee amputee as a result of a construction accident.

[www.oandp.com/edge/issues/articles/2003-12\\_10.asp](http://www.oandp.com/edge/issues/articles/2003-12_10.asp)

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## PubMed® Research

**Ambulation Levels of Bilateral Lower-Extremity Amputees. Analysis of One Hundred and Three Cases** / LJ Volpicelli, RB Chambers and FW Wagner Jr. Citation to Article: *The Journal of Bone and Joint Surgery*, 1983 Jun; 65(5):599-605.

[www.ncbi.nlm.nih.gov/pubmed/6853564](http://www.ncbi.nlm.nih.gov/pubmed/6853564)

**Bilateral Recurrent Dislocation of the Patella Associated With Below Knee Amputation** / S. Batra, R. Kumar and P. Lenka. Citation to article: *BMC Musculoskeletal Disorders*. 2005 Feb 17; 6(1):9.

[www.ncbi.nlm.nih.gov/pubmed/15717922?dopt=Abstract](http://www.ncbi.nlm.nih.gov/pubmed/15717922?dopt=Abstract)

**A Comparative Study of the Physiological Costs of Walking in Ten Bilateral Amputees** / DA Wright, L Marks and RC Payne. Citation to Article: *Prosthetics and Orthotics International*, 2008 Mar; 32(1):57-67.

[www.ncbi.nlm.nih.gov/pubmed/18330804](http://www.ncbi.nlm.nih.gov/pubmed/18330804)

**Effect of Prosthetic Ankle Units on the Gait of Persons With Bilateral Trans-Femoral Amputations** / LL McNealy and SA Gard. Citation to Article: *Prosthetic and Orthotics International*, 2008 Mar; 32(1):111-26.

[www.ncbi.nlm.nih.gov/pubmed/18330810](http://www.ncbi.nlm.nih.gov/pubmed/18330810)

**Energy Expenditure and Gait Characteristics of a Bilateral Amputee Walking With C-leg Prostheses Compared With Stubby and Conventional Articulating Prostheses** / J Perry... [et al.] Citation to Article: *Archives of Physical Medicine and Rehabilitation*, 2004 Oct;85(10):1711-7.

[www.ncbi.nlm.nih.gov/pubmed/15468036](http://www.ncbi.nlm.nih.gov/pubmed/15468036)

**Gait Characteristics of Persons with Bilateral Transtibial Amputations** / PF Su... [et al.] Citation to article: *Journal of Rehabilitation Research and Development*, 2007;44(4):491-502.

[www.ncbi.nlm.nih.gov/pubmed/18247246](http://www.ncbi.nlm.nih.gov/pubmed/18247246)

**The Long-Term Mobility and Mortality of Patients With Peripheral Arterial Disease Following Bilateral Amputation** / R. Inderbitzi ... [et al.] Citation to article: European Society for Vascular Surgery. 2003 Jul; 26 (1):59-64.

[www.ncbi.nlm.nih.gov/pubmed/12819649](http://www.ncbi.nlm.nih.gov/pubmed/12819649)

**Prognostic Factors in Prosthetic Rehabilitation of Bilateral Dysvascular Above-Knee Amputee: Is the Stump Condition an Influencing Factor?** / M Trallesi ... [et al.] Citation to Article: Europa Medicophysica, 2007 Mar; 43(1):1-6.

[www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list\\_uids=16955063&itool=pubmed\\_DocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=16955063&itool=pubmed_DocSum)

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## Videos & CD ROMs

**Advanced Gait Training for Lower Extremity Amputee Patients** / written by Carol Stube Hammersley; Wesley M. & Suzanne S. Dixon. Education and Training Center, Rehabilitation Institute of Chicago. Chicago, Ill.: The Institute, [199-?]. VHS. This video is intended to demonstrate advanced gait training skills for both unilateral and bilateral below-knee and above-knee amputee patients. It shows how to manage stairs, curbs, ramps and escalators and how to pick up objects on the floor and step over objects. It also demonstrates how to sit on the floor and rise from the floor.

**Jonathon's Story** [CD-ROM] / Interactive Drama Inc. Bethesda, MD: Interactive Drama Inc., 2000. ISBN 1-892601-17-6. Jonathon Lee is a musician / composer who lost both legs below the knee and most of his eyesight due to diabetes. In spite of these disabilities, he runs his own business and lives his life with complete independence. Jonathon responds to your questions about his amputations and recovery and how he has coped. His positive outlook and independent spirit are inspiring.

**Walk This Way** / A Kathryn Vander film, made in association with Walk This Way Productions. Boston, MA: Fanlight Productions, 1998. ISBN 1-57295-271-7. Born with a congenital limb difference, Ron Bachman had his legs amputated when he was four. He learned to walk on his hands and with prosthetic legs. He eventually gave up the prostheses and chose to follow his own lifestyle and pursue his own ambitions.

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## Additional Online Resources

**AboveKneeAmputee.com.** Plano, TX: AboveKneeAmputee.com, 1999-. This site's purpose is to help above-knee amputees achieve good results when they get their prostheses, as well as provide support for a variety of above-knee amputee issues.

[www.abovekneeamputee.com/](http://www.abovekneeamputee.com/)

### **Amputee Coalition of America**

This Web site provides a wealth of information to all amputees. From the National Limb Loss Information Center (NLLIC) page, search the library for more resources, call the toll-free hotline for information or submit a question online.

[www.amputee-coalition.org](http://www.amputee-coalition.org)

**Below-Knee Amputee Exercise Program** / Department of Rehabilitation Services and the Ohio State University Medical Center (viewed 2006). An exercise routine for the below-knee amputee to use as part of a

rehabilitation program. Includes illustrations.

[medicalcenter.osu.edu/pdfs/PatientEd/Materials/PDFDocs/exer-reh/lower/b-k-amp.pdf](http://medicalcenter.osu.edu/pdfs/PatientEd/Materials/PDFDocs/exer-reh/lower/b-k-amp.pdf)

### **HPHDHELP.ORG**

This Web site provides peer support and communication opportunities for hemipelvectomy and hip disarticulation-level amputees. Information about the latest prosthetic technologies and nonprosthetic options is available. Rehabilitation issues are also addressed.

[www.hphdhelp.org](http://www.hphdhelp.org)

**LessThanFour.org: An Online Community for Amputees** / Josh Sundquist. [United States]: Less Than Four, [200-]-. Less Than Four is an online social network for amputees around the world. People with limb differences gather here to ask questions, find answers and connect with one another. Talk with other bilateral amputees online.

[www.lessthanfour.org](http://www.lessthanfour.org)

**A Manual for Below-Knee (Trans-Tibial) Amputees** / Alvin L. Muilenburg and A. Bennett Wilson, Jr. Fifth edition. Topping, VA: Rehabilitation Press, 1996. Online version viewed 2006. This online booklet is written for the new BK amputee. It briefly describes amputations and then moves on to the process following the surgery. A lot of emphasis is put on information concerning prostheses and the processes involved. Residual limb care is also included this booklet.

[www.oandp.com/resources/patientinfo/manuals/bkindex.htm](http://www.oandp.com/resources/patientinfo/manuals/bkindex.htm)

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