

## Topic: Physical Rehabilitation

### September 2006

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).

#### Resource Types:

[Books](#)

[ACA Articles](#)

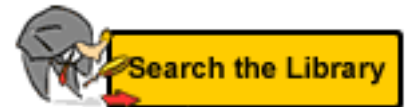
[Journals & Magazines](#)

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### Library OPAC

[http://www.amputee-coalition.org/nllc\\_library.html](http://www.amputee-coalition.org/nllc_library.html)



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

### Books

**Alternative Medicine and Rehabilitation** / edited by Stanley F. Wainapel, Avital Fast. New York : Demos, c2003. ISBN 1-888799-66-8. This book focuses on treatment categories that are relevant to rehabilitation management: manipulation, movement therapies, mind-body therapies, acupuncture and nutritional therapy. Alternative medicine as a treatment for diabetes, cumulative trauma disorder, and neuropathic pain is also discussed.

**Complementary Therapies in Rehabilitation** / edited by Carol M. Davis . 2nd ed. Thorofare, NJ: SLACK, c2004. ISBN 1-55642-581-3. This book provides easy-to-understand information on a variety of complementary therapies, including holistic therapies. Topics include: therapeutic massage and rehabilitation, craniosacral therapy, biofeedback, the Alexander technique, Reiki, and magnets.

**Exercise and Cancer Recovery** / Carole M. Schneider, Carolyn A. Dennehy, Susan D. Carter. Champaign, IL: Human Kinetics Pub., c2003. ISBN 0-7360-3645-8. This text gives specific guidelines for cancer exercise intervention. Information on how exercise rehabilitation can help cancer patients deal with treatment-related symptoms, both during and after treatment, is also included.

**Home Exercise Guide for Lower Extremity Amputees** / Robert S. Gailey, Ann M. Gailey, Sandra J. Sendelbach; illustrations by Frank Angulo. This book presents patients with all of the information they will need to perform over 100 exercises safely and independently. Exercises begin with basic post-operative strengthening and stretching, leading to high-level balance, agility and coordination activities that can be performed with or without the prosthesis.

**Lower Extremity Amputation: A Guide to Functional Outcomes in Physical Therapy Management** / edited by Linda A. Karacoloff, Carol Stube Hammersley, Frederick J. Schneider. 2nd ed. Gaithersburg, MD: Aspen Publishers, 1992. ISBN 0-8342-0291-3.

**Physical Fitness: A Guide for Individuals With Lower Limb Loss: A Clinical Guide** / Ernest M. Burgess, Albert Rappoport. Third printing: June 1996. [ Baltimore, MD]: Dept. of Veterans Affairs, Veterans Health Administration, Rehabilitation Research and Development Service, Scientific and Technical Publications Section, [1991]. This book presents a guide for helping people who have had a lower-limb amputation fully realize their physical capabilities. It is intended as a resource for the clinical team in rehabilitation management, and provides guidelines for designing a realistic, safe and enjoyable program of physical conditioning and exercise.

**Physical Medicine and Rehabilitation** / editor, Randall L. Braddom; associate editors, Ralph M. Buschbacher [ et al.]. 2nd ed. Philadelphia: Saunders, c2000. This book contains articles on patient evaluations, treatment techniques and special equipment, common clinical problems in physical medicine and rehabilitation, and issues in specific diagnosis in physical medicine and rehabilitation.

**Prosthetics and Orthotics** / Donald Shurr, John Michael. 2nd ed. Upper Saddle River, NJ: Prentice Hall, c2002. ISBN 0-8385-8133-1. Written for entry-level students in physical and occupational therapy, this book summarizes the fundamental principles and practices required to provide quality clinical care for patients needing prostheses and/or orthoses. The most common problems, devices and strategies available for optimal care are presented in an accessible style to enhance understanding of this rapidly evolving area of rehabilitation.

**Rehabilitation of the Hand and Upper Extremity** / editors, Evelyn J. Mackin [et al.]. 5th ed. St. Louis: Mosby, c2002. ISBN 0-323-01094-6. This is the latest edition of the definitive work on hand therapy, combining information on both surgical and nonsurgical methodologies. Contributors to the book include leading hand surgeons and leading

authorities in hand therapy.

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## **ACA Articles: Including NLLIC Fact Sheets, *inMotion* and *First Step* Articles**

### **Are You Ready for a Prosthesis?: Choosing a Prosthetist / Wendy Beattie.**

Knoxville, TN: Amputee Coalition of America, 2001. Article from *First Step: A Guide for Adapting to Limb Loss*, volume 2, 2001. This article describes different factors to be considered when choosing a prosthetist.

[http://www.amputee-coalition.org/first\\_step/firststepv2\\_s2a02.html](http://www.amputee-coalition.org/first_step/firststepv2_s2a02.html)

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

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

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

### **Integration of Massage Therapy Into Amputee Rehabilitation and Care / Anna**

Kania. Knoxville, TN: Amputee Coalition of America, 2004. Article from *inMotion*, July / August 2004. Massage therapy is used to prevent and treat physical dysfunction and pain through applying various manual techniques to the soft tissues of the body (muscles, connective tissue) and joints. It is recognized as a noninvasive therapy, which, when applied by a trained licensed massage therapist, can have a number of highly beneficial effects. This article examines the benefits massage therapy can provide to an amputee.

[http://www.amputee-coalition.org/inmotion/jul\\_aug\\_04/massagetherapy.html](http://www.amputee-coalition.org/inmotion/jul_aug_04/massagetherapy.html)

[http://www.amputee-coalition.org/inmotion/jul\\_aug\\_04/massagetherapy.pdf](http://www.amputee-coalition.org/inmotion/jul_aug_04/massagetherapy.pdf)

Spanish: [http://www.amputee-coalition.org/spanish/inmotion/jul\\_aug\\_04/massagetherapy.html](http://www.amputee-coalition.org/spanish/inmotion/jul_aug_04/massagetherapy.html)

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### **Keeping the Sound Limb Sound: Foot Issues for Amputees With Diabetes / by**

Robert Gailey with illustrations by Frank Angulo. Knoxville, TN: Amputee Coalition of America, 2003. Article from *inMotion*, March / April 2003. When planning a rehabilitation program for the lower-limb amputee with diabetes, management of the sound limb plays an important role. This article takes a look at why the sound limb is so important to the rehabilitation process.

[http://www.amputee-coalition.org/inmotion/mar\\_apr\\_03/step.html](http://www.amputee-coalition.org/inmotion/mar_apr_03/step.html)

[http://www.amputee-coalition.org/inmotion/mar\\_apr\\_03/step.pdf](http://www.amputee-coalition.org/inmotion/mar_apr_03/step.pdf)

### **NLLIC ACA Fact Sheet: Points to Know and Consider When Preparing For and Undergoing an Amputation / Paddy Rossbach . Revised 2004 edition. Knoxville, TN:**

Amputee Coalition of America, revised 2004. Paddy Rossbach, RN, President and CEO

of the Amputee Coalition of America, provides some areas to know about and consider when an amputation becomes necessary. These include aspects of presurgery, postsurgery, prosthetic fitting, physical therapy with the prosthesis, and emotional needs.

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

**Notes From the Medical Director: Higher Challenges: Amputations at the Hip and Pelvis, Part 2** / Douglas G. Smith. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, March / April 2005. In Part 2 of Doug Smith's look at hip disarticulation and transpelvic amputations, he examines the impact of age on healing and rehabilitation, the difficulties in locating the prosthetic hip joint, prosthesis issues, sitting problems, and why recovery and rehabilitation require a different approach at these levels.

[http://www.amputee-coalition.org/inmotion/mar\\_apr\\_05/higherchallenges2.html](http://www.amputee-coalition.org/inmotion/mar_apr_05/higherchallenges2.html)

[http://www.amputee-coalition.org/inmotion/mar\\_apr\\_05/higherchallenges2.pdf](http://www.amputee-coalition.org/inmotion/mar_apr_05/higherchallenges2.pdf)

Spanish: [http://www.amputee-coalition.org/spanish/inmotion/mar\\_apr\\_05/higherchallenges2.html](http://www.amputee-coalition.org/spanish/inmotion/mar_apr_05/higherchallenges2.html)

Spanish: [http://www.amputee-coalition.org/spanish/inmotion/mar\\_apr\\_05/higherchallenges2.pdf](http://www.amputee-coalition.org/spanish/inmotion/mar_apr_05/higherchallenges2.pdf)

**Notes From the Medical Director: Higher Challenges: The Hip Disarticulation and Transpelvic Amputation Levels, Part 3** / Douglas G. Smith. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, May / June 2005. In Part 3 of Doug Smith's look at hip disarticulation and transpelvic amputations, he examines weight control, the complex prosthetics process, wheelchairs, sitting and achievement and success.

[http://www.amputee-coalition.org/inmotion/may\\_jun\\_05/higherchallenges.html](http://www.amputee-coalition.org/inmotion/may_jun_05/higherchallenges.html)

[http://www.amputee-coalition.org/inmotion/may\\_jun\\_05/higherchallenges.pdf](http://www.amputee-coalition.org/inmotion/may_jun_05/higherchallenges.pdf)

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**Surviving in a Two-Handed World** / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2001. Article from *inMotion*, July / August 2001. This article looks at two bilateral upper-extremity amputees who have learned to take their lives into their own "hands" and live independently.

[http://www.amputee-coalition.org/inmotion/jul\\_aug\\_01/world.html](http://www.amputee-coalition.org/inmotion/jul_aug_01/world.html)

[http://www.amputee-coalition.org/inmotion/jul\\_aug\\_01/world.pdf](http://www.amputee-coalition.org/inmotion/jul_aug_01/world.pdf)

**The Team Approach to Amputee Rehabilitation** / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2003. Article from *inMotion*, January / February 2003. This article looks at the importance of being actively involved in your post-amputation care. A "team" approach is discussed.

[http://www.amputee-coalition.org/inmotion/jan\\_feb\\_03/rehab.html](http://www.amputee-coalition.org/inmotion/jan_feb_03/rehab.html)  
[http://www.amputee-coalition.org/inmotion/jan\\_feb\\_03/rehab.pdf](http://www.amputee-coalition.org/inmotion/jan_feb_03/rehab.pdf)

**Therapist's Specialty Is Functional Skills** / Fay Jobe Tripp. Knoxville, TN: Amputee Coalition of America, 1995. Article from *inMotion*, Fall 1995. This article discusses what to expect in occupational therapy for upper-extremity limb loss.

[http://www.amputee-coalition.org/inmotion/fall\\_95/therap.html](http://www.amputee-coalition.org/inmotion/fall_95/therap.html)

[http://www.amputee-coalition.org/inmotion/fall\\_95/therap.pdf](http://www.amputee-coalition.org/inmotion/fall_95/therap.pdf)

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## Journals & Magazines

***The American Journal of Occupational Therapy: Official Publication of the American Occupational Therapy Association*** . Boston, MA: Published for the American Occupational Therapy Association by the AJOT Pub.

***Amputee Golfer Magazine*** . Amherst, NH: National Amputee Golf Association. The official publication of the National Amputee Golf Association. The goal of the NAGA is to provide for the rehabilitation of amputees, both mentally and physically, through the medium of golf and associated activities.

<http://www.nagagolf.org/Magazine.htm>

***Archives of Physical Medicine and Rehabilitation*** . Philadelphia [etc.] W.B. Saunders Co. [etc.]. Official journal of the American Academy of Physical Medicine and Rehabilitation.

***Biomechanics: The Magazine of Body Movement and Medicine*** . Rockville, MD: I.F. Health Media, c1994-. Biomechanics reaches sports medicine and body movement specialists in orthopedic surgery, physical therapy, clinical athletic training, O&P, podiatry, pedorthics, physiatry, rehab and occupational therapy.

<http://www.biomech.com>

***Capabilities*** / Northwestern University. (Apr. 1991)-. Chicago, IL: Northwestern University's Rehabilitation Engineering Program, c1991-. *Capabilities* is a free quarterly newsletter that highlights research, news and events at Northwestern University Prosthetics Research Laboratory and Rehabilitation Engineering Research Program.

<http://www.medschool.northwestern.edu/depts/repoc/sections/publications/capabilities/index.html>

***First Step: A Guide for Adapting to Limb Loss*** . A publication of the National Limb

Loss Information Center. Knoxville , TN: Amputee Coalition of America, 2005. This is the essential guide for all people who are coping with the challenges of limb loss. *First Step* offers readers reliable information on consumer issues that have been raised time and time again by amputees attempting to make educated choices, get better services or decide on available options. Also available in Spanish.

<http://www.amputee-coalition.org>

***Focus on Rehabilitation: A Publication from the Kessler Institute for Rehabilitation*** . West Orange, NJ: Kessler Institute for Rehabilitation, 2002-.

***inMotion*** / A publication of the Amputee Coalition of America. Knoxville, TN: Amputee Coalition of America. *inMotion* is published bimonthly for amputees, caregivers and healthcare professionals, providing timely and important information on a wide variety of topics.

<http://www.amputee-coalition.org>

***Journal of Rehabilitation Research and Development*** / Veterans Administration, Department of Medicine and Surgery, Rehabilitation R&D Service . [ Washington, D.C.]: The Service, 1984-.

***Military in-Step*** . A publication of the National Limb Loss Information Center. Knoxville , TN: Amputee Coalition of America, 2005. The essential guide for those in the military who are coping with the challenges of limb loss. Published by the Amputee Coalition of America (ACA) in partnership with the U.S. Army Amputee Patient Care Program, this publication offers 100 pages of personal profiles, information on physical and emotional recovery, tips for preventing secondary conditions, information on prosthetic devices, useful resources, and much more.

<http://www.amputee-coalition.org/military-instep/index.html>

***Senior Step: A Guide for Adapting to Limb Loss*** . A publication of the National Limb Loss Information Center. Knoxville , TN: Amputee Coalition of America, 2004. A resource guide to support and educate older amputees, their caregivers and their healthcare and social service providers.

<http://www.amputee-coalition.org>

***Rehab Management*** . Los Angeles, CA: Curant Communications, Inc., c1988-. *RehabManagement* is a pragmatic clinical and management magazine that features recent advances in the rehabilitation marketplace along with news and current issues in the rehab industry.

<http://www.rehabpub.com>

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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, IL: The Institute, [199-?]. 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.

**Balance, Agility, Coordination, and Endurance for the Lower-Extremity Amputee** / produced by Advanced Rehabilitation Therapy, Inc. [ United States]: Advanced Rehabilitation Therapy, Inc., c1994. 1 videocassette (34 min., 30 sec.) and 44 pg. illustrated book. This video and manual for the lower-limb amputee presents balance, agility, and coordination exercises, including principles and guidelines; long sitting exercises; quadruped exercises; high kneeling exercises; standing exercises; advanced balance, agility, and coordination exercises; and cardiovascular endurance exercises.

**The Biomechanics of Lower Limb Amputee Running** / produced by Advanced Rehabilitation Therapy, Inc. Miami , FL: Advanced Rehabilitation Therapy, Inc., c2001. This video uses a variety of visual effects, including animation, to examine the phases of running. Paralympic medalists Brian Frasure and Earl Conner illustrate the phases of sprinting at the highest level, from block start to acceleration, the maintenance phase, and through the deceleration phase. Footage from the 2000 Paralympics in Sydney, Australia, illustrate the critical details of sprinting, from body position to running the curves as an amputee. Marathoner Tom Martin and Paralympic gold medalist Danny Andrews highlight distance running.

**The Essentials of Lower-Limb Amputee Running** / produced by Advanced Rehabilitation Therapy, Inc . Miami, FL: Advanced Rehabilitation Therapy, Inc., c2001. 1 videocassette (62 min.). This video reveals the secret to teaching any amputee how to run or to move quickly in five easy steps. Amputees of all ages have learned to run in a single session using these time tested methods. Elite distance runners, Tom Martin and Danny Andrews, demonstrate training drills designed to improve running performance. United States Paralympic Team prosthetist Jim McElhiney discusses prosthetic components and socket design options for all levels of amputee runners and recreational athletes.

**Functional Prosthetic Training for the Transfemoral Amputee** / produced by Advanced Rehabilitation Therapy, Inc. Miami, FL: Advanced Rehabilitation Therapy, Inc., 2001. This video offers an exercise program for most levels of prosthetic use. It demonstrates exercises that prepare the amputee to maximize prosthetic performance in daily activities, while developing their overall level of fitness. Exercises focus on stability, balance, muscular endurance, coordination and agility.

**Functional Prosthetic Training for the Transtibial Amputee** / produced by Advanced Rehabilitation Therapy, Inc. Miami, FL: Advanced Rehabilitation Therapy, Inc., 2001. This video offers an exercise program for most levels of prosthetic use. It demonstrates exercises that prepare amputees to maximize prosthetic performance in daily activities, while developing their overall level of fitness. Exercises focus on stability, balance, muscular endurance, coordination and agility.

**Prosthetic Gait Training for Lower-Extremity Amputees** / produced by Advanced Rehabilitation Therapy, Inc. [ Miami, FL]: Advanced Rehabilitation Therapy, Inc., 1992. A systematic approach to prosthetic gait training which includes a variety of methods for teaching amputees to weight-shift, maintain prosthetic control, and use the pelvis and trunk correctly during walking.

**Stretching and Strengthening** / produced by Advanced Rehabilitation Therapy, Inc. [ Miami, FL]: Advanced Rehabilitation Therapy, Inc., 1994. This video and manual outlines the principles and guidelines of a complete self-stretching program and a progressive strengthening program, covering all three types of muscle contraction. Exercises are designed and demonstrated exclusively for amputees.

**The Use of Upper-Extremity Prostheses** / Art Heinze. Thief River Falls, MN: Dynamic Rehab Videos and Rentals, [19--]. Art Heinze has both above- and below-elbow amputations and is the Director of Occupational Therapy at Northwest Medical Center in Thief River Falls, Minnesota. In this video, Art discusses psychosocial adjustment to amputation and levels of amputation, and demonstrates types and parts of body-powered prostheses, how the prosthesis works, and activities of daily living. This video shows Art functioning in a variety of real-life situations. It's instructional for families, therapists, nurses, doctors, counselors, and prosthetists.

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## Web Sites & Organizations

**American Physical Therapy Association.** Alexandria, VA, [200-]-. The American Physical Therapy Association (APTA) is a national professional organization representing more than 63,000 members. Its goal is to foster advancements in physical therapy practice, research, and education. Use their “Find a PT” Database to search a national database of physical therapist members of the APTA for the purpose of finding a physical therapist who is right for you. This organization has additional consumer information, including how to “Choose a PT.”

<http://www.apta.org>

**American Society of Hand Therapists.** Chicago, IL. Their mission is to “advance the science of hand therapy through communication, education, advocacy, research and

clinical standards.”  
<http://www.asht.org>

**American Therapeutic Recreation Association.** Alexandria , VA. The American Therapeutic Recreation Association (ATRA) is the largest national membership organization representing the interests and need of recreational therapists.  
<http://www.atra-tr.org>

**Association of Rehabilitation Nurses.** Glenview , IL . ARN's mission is to “promote and advance professional rehabilitation nursing practice through education, advocacy, collaboration, and research to enhance the quality of life for those affected by disability and chronic illness.” They publish the serial *Rehabilitation Nursing*.  
<http://www.rehabnurse.org>

**Exercise Rehabilitation.** Columbus, OH: Ohio State University Medical Center, [200-]-. These patient materials, from the Ohio State University Medical Center, describe a variety of exercises and rehabilitation activities, some specifically for amputees. Some issues regarding devices such as wheelchairs, walkers, and crutches are also included.  
<http://medicalcenter.osu.edu/patientcare/healthinformation/education/index.cfm?maincontent=maincategory.cfm&categoryID=55.0>

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