

# youth

Volume 3, Issue 3 - October 2004

**in**MOTION

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## riding High on Life

by Lisa Watkins, Ohio Willow Wood

**C**hris Rhoades, Luke Myers, Joe Kalicki, Jamal Maccou and Andrew Johnson had the ride of their young lives as the Junior Ambassadors of the 2004 Amputees Across America (AAA) event.

AAA is a transcontinental bike ride organization, sponsored by Ohio Willow Wood since its beginning in 2001, which includes visits to rehabilitation centers and hospitals across the nation. The organization's goal is to deliver resource information to amputees and to establish a nationwide peer support network. The 2004 ride was the first time Junior Ambassadors accompanied three adult lower-limb amputees.

Chris Rhoades, 12, of Boise, Idaho, started with AAA in San Francisco, California, and rode to Salt Lake City, Utah. "It was great!" Chris says. "It was nice making and being friends with the other amputees." During his stay, Chris had numerous interesting experiences, including helping three skydivers land, riding across the Golden Gate Bridge and riding out of the mountains through snow and rain. After having such a good time, Chris' advice for future Junior Ambassadors is, "Go out, do what you can do on a bike and have fun!"



# Playtime is serious business for a prosthesis

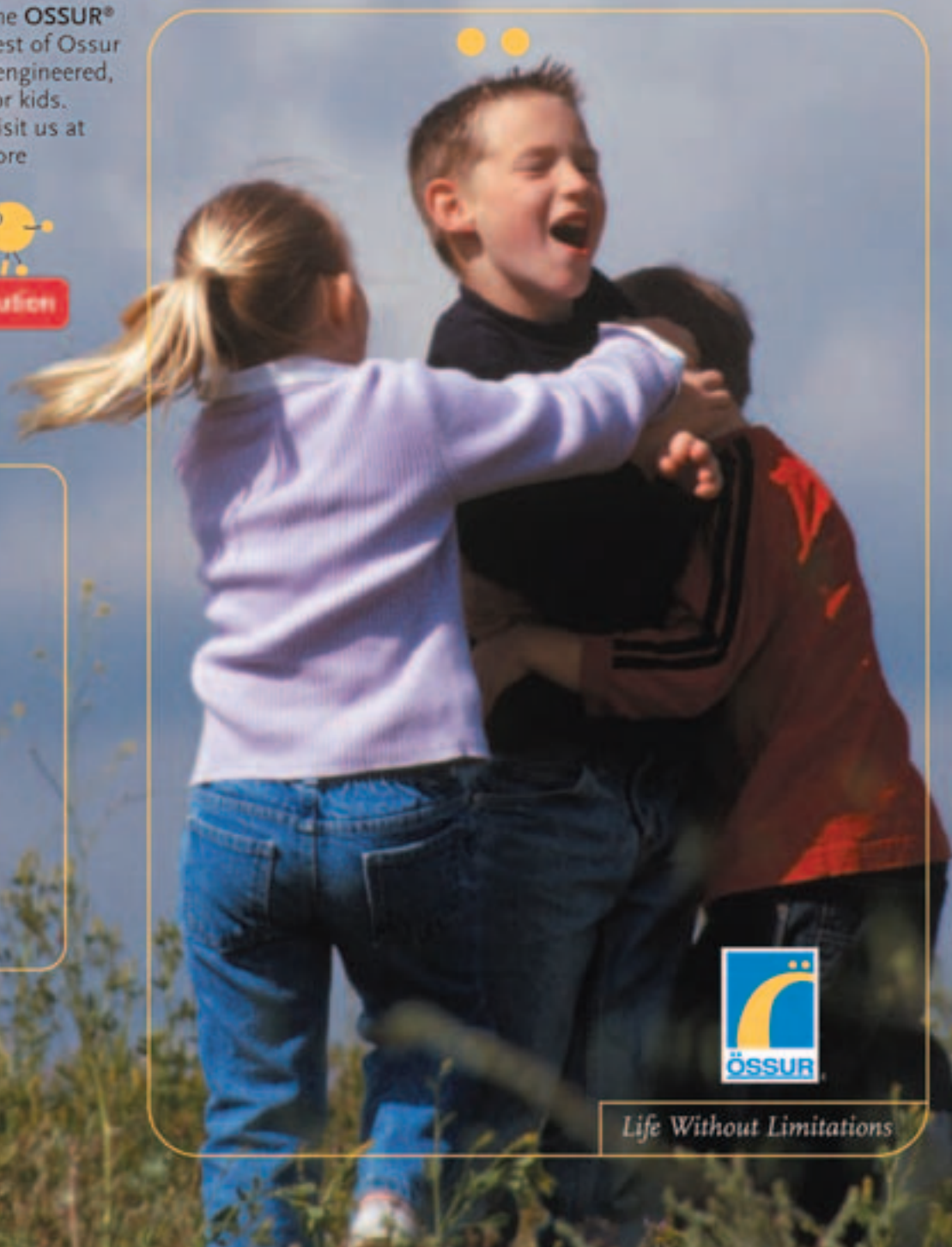
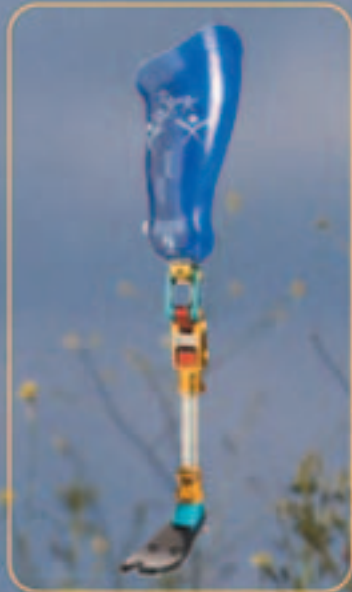
## INTRODUCING THE MOST TECHNOLOGICALLY ADVANCED PEDIATRIC PROSTHESIS.

Children are not merely small adults. They present an entirely different set of requirements. An ordinary child on an ordinary day will expend more energy and place more demands on a prosthetic system than any adult short of an Olympic contender. They need more than an assemblage of parts from adult prosthetics. They need—and deserve—a technologically advanced prosthetic system designed and built specifically for them.

Now they have one. The **OSSUR® Junior Solution**. The best of Ossur technology designed, engineered, and built specifically for kids. Call 800-233-6263 or visit us at [www.ossur.com](http://www.ossur.com) for more information.



**OSSUR® Junior Solution**



*Life Without Limitations*

Florissant, Colorado resident Luke Myers, 15, agrees with Chris, advising future Junior Ambassadors not to give up. "Amputees Across America was a good experience to let people know not to give up and to keep working at things," says Luke. Riding from Salt Lake City, Utah, to Colorado Springs, Colorado, Luke enjoyed much of the scenery. "Utah was my favorite," Luke shares, adding that the most fun part of the ride was going through Loveland Pass and Wilkerson Pass. "It was a lot of downhill!" In spite of the good downhill periods, the ride was still hard work. Luke says the AAA group worked together to keep each other motivated.

"I didn't expect it to be as much fun as it really was," says Joe Kalicki of Tallahassee, Florida. Joe, 12, rode from Colorado Springs, Colorado, to St. Louis, Missouri, and visited several rehab facilities. The most influential visit was the St. Louis Shriners Hospital. "It was one of the only places along the ride that I saw a bunch of kids my age," he says. "Besides bio-fit and other Amputee Coalition of America events, I'd never met anyone who had the same experience as me." Joe admits that the kids were extremely happy to see the adult AAA group. "They looked like they'd never seen a group of amputees doing so much physical activity. The kids were excited."

Belleville, Illinois resident Jamal Maccou, 14, also had a wonderful experience with AAA. "I loved it!" exclaims Jamal. "I thought it was going to be riding all day and sleeping at night, but it was much different." Jamal rode from St. Louis, Missouri, to Terre Haute, Indiana, and visited the Shriners Hospital in Chicago. "There were a lot of kids and just talking to them was great!" During a visit in Rockford, Illinois, he gave a brief speech and was interviewed by two local news stations. Jamal's most memorable moment was his accomplishment of riding over 100 miles. "The kids who get selected next year will love it. They're going to have an amazing time!"

Andrew Johnson, 17, of Cedarville, Ohio, rode from Reading, Pennsylvania, to New York City. The visits were definitely highlights

for Andrew. "They were amazing... the best part of any day!" Andrew loved the interaction with other kids. "Kids have a more realistic view of life and a better attitude than some adults," comments Andrew. "It's easier to talk with kids who know that stuff can be done." Looking back at the AAA ride, Andrew says the trip served as a reminder of how important life choices are and to always keep in mind that you can do anything. ●

*For more information and photos from the 2004 AAA journey, visit [www.amputeesacrossamerica.com](http://www.amputeesacrossamerica.com)*



*Andrew Johnson*



*Chris Rhoades*



*Jamal Maccou*



*Joe Kalicki*



*Luke Myers*

# youth in MOTION

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## ACA Mission

*To reach out to people with limb loss and to empower them through education, support and advocacy.*

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# It's Time to Start Thinking About Summer Camp!

July 21-24, 2005, at Warm Springs, Georgia

**W**

ell, it's that time of year again! We have just started accepting applications for our annual ACA Youth Activities Program (YAP) Camp. The camp is four days of fun with kids from ages 10 to 17 from all over the country. This year

it will be held at the Roosevelt Institute for Rehabilitation in Warm Springs, Georgia, from July 21-24.

We're really excited about camp this year because it will be our first time at our new, permanent location. Camp Dream is tucked away in the corner of Roosevelt Rehab's enormous 900-acre campus. The camp sits on a private lake, and its facilities include two lodges, a dining hall, an outdoor pool, a track, a boathouse, a pavilion, and tennis courts. In addition to having exclusive access to Camp Dream, we'll also be able to use Roosevelt Rehab's other facilities, such as their bowling alley, gym, indoor pool, racquetball courts, game room, and more.

We would love to have you at the camp, and being a part of it is easy. Just write a short essay about why you want to go to the ACA Youth Camp and what you hope to get out of being there. You can mail it to me, Ben Young, at 900 East Hill Avenue, Suite 285, Knoxville, TN 37915. Or feel free to e-mail your essay to me at [byoung@amputee-coalition.org](mailto:byoung@amputee-coalition.org). That's it! The deadline for the essay is March 1, 2005. Space is limited, so be sure to get your essay in as soon as possible.

The ACA Youth Camp is a free program for you. We cover all costs for attending the program and transportation to Warm Springs, Georgia. Though we offer this program to you for free, we always welcome tax-deductible donations to help us defer costs. ●

## Tips

**Introduce yourself.** How old are you? What type of limb difference do you have? Do you use any prosthetic devices? What grade are you in?

**We want to get to know you better.** What are your interests? Do you play sports, write stories, write poetry, play music? Do you have pets?

**Let us know why you want to come to camp and what you hope to get out of it.** Take some time to think this over. We want to know what your goals are for camp so that we can make sure that you get the most out of your camp experience.

**Get started today writing your essay, and I hope to see you in Georgia!**





# Iron Will, Golden Dream

*Photos courtesy of Challenged Athletes Foundation*



Eight years, thousands of miles in the pool, endless sacrifice and tremendous focus have finally paid off for Rudy Garcia-Tolson.

Last year, he was selected as one of *People* magazine's 20 teens who will change the world. He's competed in several triathlons with actor-comedian Robin Williams. He's carried the torch for the 2002 Olympic Winter Games, and he's broken numerous records on the track and in the water. In addition, he has been featured on *The Oprah Winfrey Show* and serves as the national spokesperson for the Challenged Athletes Foundation. Someday, Rudy hopes to compete in the Ironman Triathlon World Championships in Hawaii.

Rudy fulfilled a lifelong dream at the 2004 Athens Paralympic Games on September 18, only five days after his 15th birthday. In his qualifying heat in the men's 200-meter Individual Medley (IM) swimming event, he shattered the world record with a time of 2:42.20 and went on to win the gold medal with a time of 2:43.65, nearly four seconds ahead of the silver medallist.

Rudy was born with several rare congenital birth defects, including a clubfoot, a cleft lip and palate, and pterygium syndrome, resulting in the formation of webbing on the fingers of both hands and the back of both legs, which prevented him from straightening them.

By the age of 5, Rudy had already gone through over 15 surgeries and was confined to a wheelchair. It was then that doctors gave him a choice: keep his legs and stay in a wheelchair or walk with the help of prostheses. He chose to not only walk, but to swim and run as well. Soon after recovering from a bilateral knee disarticulation, Rudy began swimming, earning 43 ribbons and 14 medals in two years. When he decided to take up running, he entered competition with athletes of all abilities with the use of prosthetic feet from Ossur. At the age of 10, he was the youngest bilateral amputee to complete a triathlon.

Rudy trained for and entered the Paralympics as a member of Team Ossur, a team of exceptional individuals from around the world who excel in their chosen sport or career and are sponsored by Ossur. Rudy is also an advocate and spokesperson for the Challenged

Athletes Foundation. As a representative of these organizations, he encourages athletes of all ages and backgrounds to commit to overcoming obstacles in pursuit of doing what they love. Keenly aware of the costs associated with prosthetics, he is also committed to advocating for the rights of challenged high school athletes to compete alongside able-bodied athletes in track and field competition. ●

## **2004 Paralympic Games Highlights Show**

*U.S. Paralympics, a division of the United States Olympic Committee, has announced that there will be a two-hour television broadcast in the U.S. featuring competition from the 2004 Paralympic Games. The broadcast has been made possible thanks to an exclusive agreement with Visa and the Outdoor Life Network. The show is scheduled to air Saturday, November 13, 5-7 pm (ET).*



# Art and Poetry Contest Winners

We are proud to declare the winners of the Art and Poetry Contest that was announced in the June 2004 issue of *youth inMotion*.

## Art Winner

Minda Cox, 16, is a quadrimembral amputee. She will receive a \$40 gift certificate for Dick Blick Art Materials.



## The Bright Light

There is a certain place I'm trying to meet  
That thing that brings out the inner me  
Something I will always see  
The Bright Light

The thing that I will love  
Deep down in my heart  
I can hug  
The Bright Light

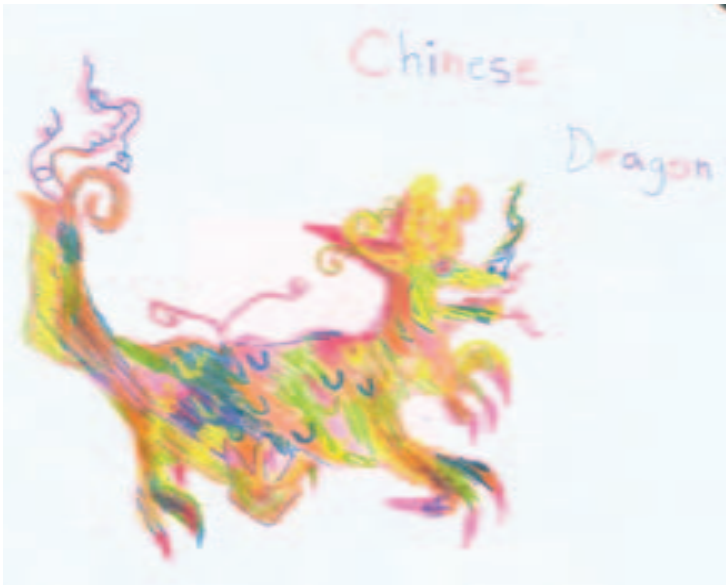
The Bright Light is this person  
She is so precious and I'll never forget  
Only I know  
It's my secret

Justin Bryant

## Poetry Winner

Justin Bryant, 11, is a below-knee amputee. He will receive a one-year subscription to *POETRY* magazine.

Runners-up will be receiving teddy bears from Amputeddy along with ACA T-shirts and tote bags. ACA would like to thank Amputeddy, [www.amputeddy.com](http://www.amputeddy.com), and The Poetry Foundation (TPF), [www.poetrymagazine.org](http://www.poetrymagazine.org), for their generous prize donations. And thanks to all of you for your cool writing and artwork!



Art Runner-up Abby Karafa



Art Runner-up Andrea Dryoel

## Rice for Mice

*Ashley Sonlin*

Could I be so nice,  
To give some rice,  
To mice?  
Or a  
Hotdog to a frog,  
That is in need?  
Oh, yes, oh, yes, oh, yes indeed!  
I would!


But would I,  
Give up my cure for a fever,  
For a friendly beaver,  
Or an Apple,  
For an oxen or bull?  
If they were both in need?  
Oh, yes, oh, yes, oh, yes indeed!  
I would!

Because I am so kind,  
I can do all these things,  
I will start at the top,  
And down I will wind.  
The first thing I have to find is . . .  
Some rice for mice!

Poetry Runner-up Ashley Sonlin



Art Runner-up Michael Termini

A faded background image of April Holmes running on a track. She is wearing a white singlet with the number 365 and a prosthetic lower leg.

Two years ago, April Holmes couldn't even walk. A devastating train accident claimed her leg—and her identity.


Known for her lightening speed and smooth stride, April was a three-time NCAA Track & Field All-American.

**I can run 100 meters in 13.13 seconds.**

Running was her life. And thanks to a specially designed running prosthesis from Hanger, it still is.

Like April, thousands of amputees turn to Hanger for innovative design, clinical excellence, and superior patient care.

Whether your goal is to excel as an athlete or simply perform everyday activities, Hanger's national network of experts will develop quality prosthetic and orthotic solutions for your individual needs.

A close-up photograph of April Holmes smiling and holding a gold medal. She is wearing a dark blue athletic jacket.

**We helped April become a World-Class athlete again.  
*Imagine what we could do for you.***

***Hanger***

877-4HANGER  
[www.hanger.com](http://www.hanger.com)

**April Holmes**, World Record holder of the 100- and 200-meter sprints, below-knee amputee

# You Can Make a Difference!



you're looking for a unique and rewarding career, you might want to consider the field of prosthetics. Prosthetics is the evaluation, fabrication and custom-fitting of artificial limbs. The profession is unique because it combines art with science and rewarding because of the personal satisfaction in improving the quality of life for amputees. The positions available are:

## • Prosthetists

• **Responsibilities** — Prosthetists work closely with the physician, surgeon and physical therapist to provide total rehabilitation services for amputees. They are responsible for taking measurements or molds of the patient's limb, designing the prosthesis, and selecting materials for, fabricating, and fitting it.

• **Credentials** — Prosthetist students must earn a bachelor's degree, complete specialized prosthetic training, and complete 1,900 hours of clinical experience. Students are then eligible to sit for the national board examinations and become certified by a certifying agency.

• **Salaries** — According to the American Orthotic & Prosthetic Association (AOPA), prosthetists earned from \$30,000 to \$65,000 in 2000. With more experience comes higher pay — up to \$100,000 a year.

## • Prosthetic Assistants and Technicians

• **Responsibilities** — Technicians and assistants work under the direct supervision of prosthetists and share the responsibilities. They may also be assigned repair and maintenance work. Technicians usually do not have direct contact with patients.

• **Credentials** — A graduate of a technical program is eligible to become a registered technician upon successful completion of the technical examination.

• **Salaries** — The average wage for assistants/technicians at all levels of experience is \$12.20 per hour. Those with several years of

experience can earn up to \$20 per hour.

Today, there are approximately 3,500 prosthetists in the United States, at an average age of 55. In the next 10 years, more than half in the field will be retiring. To make matters worse, the number of aging Baby Boomers and their need for healthcare is rapidly increasing. More than 7 million Americans use assistive devices to accommodate mobility impairments. This number will continue to grow as the incidence of obesity and diseases such as diabetes and dysvascular disease increases. It has been predicted that by the year 2020 there will be a 47 percent increase in the amputee population. If the shortage of prosthetists continues, however, only 68 percent of those in need of prosthetic care will have access to a formally trained prosthetist.

So, if the prosthetics field is wide open and continuing to grow, why aren't more young people getting involved? One reason may be that there is less public awareness of the profession compared to other healthcare careers. Many current prosthetists became interested in the field of prosthetics as the result of friends, family members or themselves becoming amputees.

Because class sizes in orthotic and prosthetic (O&P) programs are limited, having personal or O&P-related experience can make your application stand out from the rest. Volunteering to work in an O&P provider's office can give you a hands-on look into the world of O&P. You will get to observe the skills required for the profession and possibly even get the chance to fabricate with plaster and plastics using various hand and power tools. The most important aspect of volunteering is that you will see if working with other people with disabilities is really for you.

For more information regarding educational and volunteer/mentor programs, you may contact one of the school-related resources below. However, it takes more than education and hands-on experience to be a good

prosthetist. Other qualities of a good prosthetist include:

- **Artistic skills** such as dexterity and creativity
- **Mechanical and engineering skills** to fabricate a prosthesis
- **Knowledge of anatomy and physiology** to understand how the prosthesis will fit a patient's body and meet his or her needs
- **Interest in new challenges and technology** in a profession that is constantly evolving
- **Compassion and understanding** of a patient's needs and challenges. Amputees are ideal candidates in this regard. After all, who can understand the needs of an amputee better than another amputee?

To learn more about a career in prosthetics, contact:

## O&P PRACTITIONER PROGRAMS

### CALIFORNIA

*California State University*

27402 Aliso Viejo Pkwy

Aliso Viejo, CA 92656

949/643-5374

[www.csudh.edu/oandp](http://www.csudh.edu/oandp)

Bachelor's Degree Program

Post Degree Certificate Program

*Rancho Los Amigos*

*Research & Education Institute*

(Orthotics only — currently inactive status)

7601 East Imperial Highway

800 West Annex

Downey, CA 90242

562/401-7402

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

Post Degree Certificate Program

### CONNECTICUT

*Newington Certificate Program*

181 Patricia M. Genova Drive

Newington, CT 06111

860/667-5304

[www.hanger.com/ncp/index.html](http://www.hanger.com/ncp/index.html)

Post Degree Certificate Program

## GEORGIA

### *Georgia Institute of Technology*

281 Ferst Drive  
Atlanta, GA 30332  
404/894-7658  
www.ap.gatech.edu/mspo  
Master's Degree Program

## ILLINOIS

### *Northwestern University*

345 E. Superior Street, Room 1723  
Chicago, IL 60611  
312/238-8006  
www.nupoc.northwestern.edu  
Post Degree Certificate Program

## MINNESOTA

### *Century College*

3300 Century Avenue, N.  
White Bear Lake, MN 55110  
800/228-1978  
www.century.mnscu.edu/programsdepts/  
programs/orthprosindex.html  
Post Degree Certificate Program

## TEXAS

### *University of Texas Southwestern Medical Center*

5323 Harry Hines Blvd.  
Dallas, TX 75235  
214/648-1580  
www8.utsouthwestern.edu  
Bachelor's Degree Program

## WASHINGTON

### *University of Washington*

Box 356490  
Seattle, WA 98195  
206/616-8586  
depts.washington.edu/rehab/po  
Bachelor's Degree Program  
Certificate Program

## O&P ASSISTANT PROGRAMS

## OKLAHOMA

### *Oklahoma State University – Okmulgee*

1801 E. 4th Street  
Okmulgee, OK 74447  
800/722-4471  
www.osu-okmulgee.edu/academics/health\_  
and\_environmental/orthotics\_and\_prosthetics  
Associate's Degree Program

## O&P TECHNICIAN PROGRAMS

## MICHIGAN

### *Baker College of Flint*

1050 W. Bristol Road  
Flint, MI 48507  
800/964-4299  
www.baker.edu/  
Associate's Degree Program  
Certificate Program

## MINNESOTA

### *Century College*

3300 Century Avenue, N.  
White Bear Lake, MN 55110  
800/228-1978  
www.century.mnscu.edu/programsdepts/  
programs/orthprosindex.html  
Associate's Degree Program  
Certificate Program

## OKLAHOMA

### *Francis Tuttle Technical Center*

12777 N. Rockwell Ave.  
Oklahoma City, OK 73142  
405/717-7799  
www.francistuttle.com  
Associate's Degree Program  
Certificate Program

## PENNSYLVANIA

### *Median School of Allied Health Careers*

125 Seventh Street  
Pittsburgh, PA 15222  
800/570-0693  
www.medianschool.com  
Associate's Degree Program  
Certificate Program

## WASHINGTON

### *Spokane Falls Community College*

3410 West Ft. George Wright Drive  
Mail Stop 3011  
Spokane, WA 99224  
888/509-7944  
www.sfcc.spokane.cc.wa.us

## DEVELOPING PROGRAMS

## FLORIDA

### *St. Petersburg College*

P.O. Box 13489  
St. Petersburg, FL 33733  
727/341-4772  
www.spjc.edu  
Associate's Degree Program  
Bachelor's Degree Program  
Certificate Program

## MICHIGAN

### *Eastern Michigan University*

106 Welch Hall  
Ypsilanti, MI 48197  
734/487-2246  
www.emich.edu/coe/hperd/oandp/index.html  
Graduate Certificate Program

## RELATED RESOURCES

### *American Academy of Orthotists and Prosthetists*

703/836-0788  
www.abcop.org

### *American Board for Certification in Orthotics & Prosthetics (ABC)*

703/836-7114  
www.opoffice.org/abc

### *American Orthotic & Prosthetic Association (AOPA)*

571/431-0876  
www.aopanet.org

### *Board for Orthotist/Prosthetist Certification (BOC)*

877/776-2200  
www.bocusa.org

### *National Commission on Orthotic and Prosthetic Education*

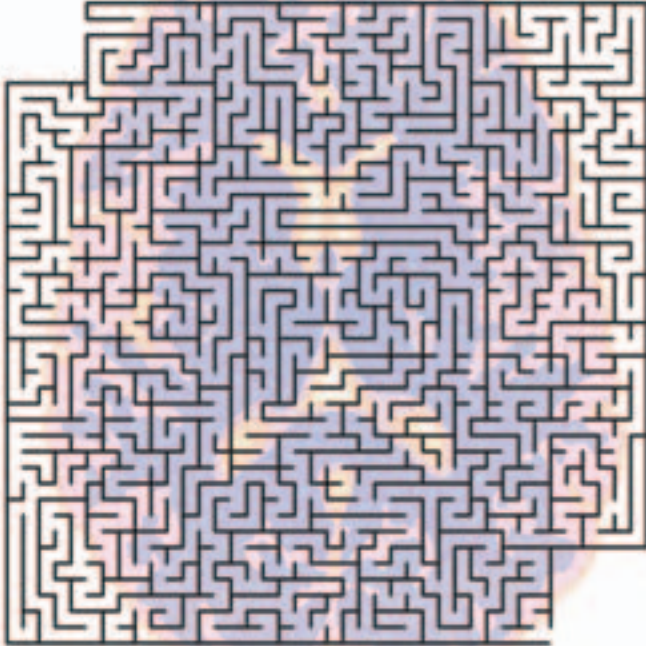
703/836-7114  
www.ncope.com/info\_students/schools.asp

### *Orthotics and Prosthetics*

www.opcareers.org



# mind games



R V D Y O A M R Q M N N D R N  
J E S E R R G E D U A L O E E  
R B Y L N N B P Q I V X C V M  
G K A A U T R E R N H H T I H  
P E M R L L I A B H W F O R H  
I E S S Z P N S T E S X R D M  
C E D K Z I L V T O T J R R F  
I F M B R I X L P F L D O A P  
Y S N E U G M N A E E R L C J  
Z I T O W I G U S B T Y G E Y  
F E G Q C H O D L Z T Q V C W  
V K O T K F Z E E A P O L A G  
P R O S T H E T I S T F O R U  
T O L I P T G A O F P P V F M  
T T C X P Y Q M N G R U P F G

Look at the chart below and say the  
**COLOR** of the word, not the word itself.

**YELLOW** **BLUE** **ORANGE**  
**BLACK** **RED** **GREEN**  
**PURPLE** **YELLOW** **RED**  
**ORANGE** **GREEN** **BLACK**  
**BLUE** **RED** **PURPLE**  
**GREEN** **BLUE** **ORANGE**

Why is it so difficult?

Because the right half of your brain is trying to say the color,  
while the left side of your brain is trying to say the word.

DENTIST  
DOCTOR  
PILOT  
PROSTHETIST

RACE CAR DRIVER  
VETERINARIAN  
FOOTBALL PLAYER

# Biking for Health

by Andy May



Are you ready to have fun in the great outdoors? If so, then pick up your bicycle and go for a bike ride! Biking is a great way to explore the world around you...and it's a pretty inexpensive way to stay in good health.

## Get on the Bike and Go!

As an amputee, biking is very low-impact on your prosthetic side. You can participate in this sport regardless of your disability. When I was a new below-knee amputee, getting back on my bike helped me maintain muscle tone in my residual limb. If you're just starting to bike, you can also build strength in your residual limb(s) as well as other muscles in your body.

Sometimes, you may need to make minor changes to your bike that will allow you to ride comfortably and confidently. When it comes to getting fitted for a bike, find a reputable bike shop in your area. It's been my experience that good bike shops will help you any way they can. Here are a few bike modification tips and tricks:

★ If you're an arm amputee, you can move your brakes and shifting equipment to your nonamputated side. This will aid in controlling the bike in the front and the back.

★ If you're a leg amputee, your bike may not need much modification. You

might have to adjust your pedal outward slightly if your socket hits the bike frame as you pedal.

★ If you have trouble keeping your prosthetic foot on the bike pedal, try clipless pedals. Clipless pedals require special cycling shoes but they will keep your foot in place while riding. Another less expensive way to keep your foot on the pedal is to wrap both the pedal and the shoe in Velcro.

Once you are biking, do it as much as possible. Ride to a friend's house, the pool, the park, the store, wherever. You'll not only be getting good exercise, you'll be getting to places you want to go to for fun!

## Start With a Positive!

Being a cyclist, on or off-road, is a great way to explore the world around you. In our daily routines, people move as fast as they can from place to place and have a tendency to miss the small things around



them. Even when I'm training and racing hard, I still take one day a week to ride my bike at a slow pace. I especially like to ride early in the morning before most people are awake. It's relaxing, and it gives me a good start to the day. There's nothing like going out on your bike and hearing only the sounds of nature and the crunch of your tires on the ground. Ask a parent to go with you on an early morning bike ride...you'll both enjoy it!



How could we not be a part of their lives, helping dreams come true.



Just like their dreams, children change...even the way they walk. The Research and Development team at Ohio Willow Wood identified two stages of gait development in children when considering the design of our P-POD™ feet. We can help toddlers begin chasing their dreams with the P-POD™ SACH and then transition to the P-POD™ Impulse as their gait matures and their dreams get bigger.



Please contact Ohio Willow Wood for more information  
740.869.3377 - 800.848.4930 - [www.owwco.com](http://www.owwco.com)





## Lucky Advantages?

Being an amputee *and* a cyclist has its advantages, in my opinion.

★ When you're missing a leg, whether above or below the knee, you have one less muscle to cramp during a long ride. Actually, my so-called "good leg" tires before my prosthetic one!

★ If you happen to fall on your prosthetic side, you're less likely to get road rash (skinned up) than someone with bare skin. *(Note: Falling on your prosthetic side is good for not getting road rash, but tough for trying to stand up again.)*

★ You will be one of the few who can put bike stickers on a smooth surface (like your socket) other than your bike frame.

★ There's nothing sweeter than passing an able-bodied rider. When I do, I try to put myself in his or her shoes. I can only imagine how it makes that person feel. It makes me feel great!

## Biking Basics

Don't overlook the safety basics of biking:

★ Always wear a helmet.

★ Drink plenty of water to keep your body hydrated.

★ Always ride with the direction of car traffic.

★ If you're going to be biking in the early morning or evening, be sure to wear light-colored or reflective clothing so you are more visible to drivers.

Following good bike safety and making bike modifications, if needed, are all you need to have many enjoyable bike rides. Biking is a great way to stay fit and have fun with your family and friends. So what are you waiting for? Get out and ride! ●

*Andy May is a semipro cyclocross racer sponsored by Ohio Willow Wood. A unilateral below-knee amputee since 2001, May has competed in hundreds of races, over 40 since becoming an amputee and racing against able-bodied riders. If you have questions about cycling or about being an amputee in general, contact Andy at [andy@arlenness.com](mailto:andy@arlenness.com)*

## Parent Support Network



### Sometimes only another parent can truly relate.

Do you have questions for other parents of children with limb differences?

If so, our Parent Support Network may be helpful for you. The Parent Support Network is a service that we provide that can connect you with a parent volunteer with whom you can discuss your experiences.

Are you interested in being a volunteer on our Parent Support Network to provide a much needed service to other parents?

For more information about requesting a support call or volunteering, call Ben Young, youth activities coordinator, at 888/267-5669, ext. 8134, or e-mail him at [byoung@amputee-coalition.org](mailto:byoung@amputee-coalition.org)



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You may have heard of products like our C-Leg<sup>®</sup>, SensorHand<sup>®</sup> Speed, or Harmony<sup>®</sup>. They are amazing, but not as amazing as the people who use these products. Matt, who wears the C-Leg and lives just down the road from Otto Bock, skis, bikes, snowboards, roller blades, and more. *(Probably all the things he was told he might not be able to do.)*

To learn more, talk with your family and your prosthetist about what Otto Bock products can offer you.

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