



Amputee  
Society  
of Taranaki Inc.

**Amputee Society of Taranaki Inc**  
***Te Whanau Mutu Mutu O Taranaki***  
Affiliated to the Amputees Federation of  
New Zealand  
[www.af.org.nz](http://www.af.org.nz)

October 2014

**Society Secretary:**  
**Tracey Rees**

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Block

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### Monthly Meetings & Events

**15<sup>th</sup> November 2014**  
**11:00a.m.**

*Hawera Club, Hawera*

*Some members will be  
staying on and having lunch  
after the meeting*

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**13<sup>th</sup> December 2014**  
**11:00am.**

*Christmas BBQ  
Bring a plate and a \$5  
wrapped gift  
Wally's House  
1630 Heta Road,  
New Plymouth*

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**Everyone is welcome**  
**If you would like to attend**  
**but are having transport**  
**problems**  
**We maybe able to**  
**help you.**

**Regional Limb Clinic**  
**6<sup>th</sup> of November**  
**Taranaki Base Hospital,**  
**Orthotic Dept.**  
**Call Auckland Limb**  
**Center toll free**  
**0508630630**

## **Fire Service Simulation Exercise**

Colleen Mundt and myself offered ourselves to be casualties for the Rescue Fire Service Simulation which was held at Longburn near Palmerston North on the 28<sup>th</sup> & 29<sup>th</sup> of August.

Under the talented hands of Tim Crowe, the make-up/ moulage artist, we represented trauma patients caught under a pile of rubble (well five stories of it actually). Our injuries were extensive. The whole team of expert Fire Service Rescue spent hours drilling through several floors in the building before finally arriving to find hydraulic equipment was required to lift the massive block of concrete off my severely severed limb (which of course was our non-existent leg).

From there they had to contain blood flow, manage pain and administer drugs and fluids.

They strapped me tightly (thank goodness) to a stretcher and proceeded to haul me vertically up through the five levels they had just penetrated. Thankfully I was unconscious (pretend of course) so my eyes were kept closed all the way to the top, only to find I had to go down the other side to the ground below.

This exercise was all in aid of their finals to be held next March. This will include Fire Fighters from all over New Zealand we have been requested to be a part of this once again. A privilege indeed, it is very humbling to assist others who put their lives in danger to save people. I for one will always offer myself to help these heroes.



## Events Coordinator News – Christine Windle

On the 18<sup>th</sup> of September Erik Ax, OPRA Osseo-integrated recipient, arrived from Norway to spend 10 days with me. On Election Day Colleen and Mum took Erik around Taranaki, showing the sights and called in to see Bev and Cliff Marx who offered a tour around their farm. They also visited Colleen's family's farm in South Taranaki, Erik was in awe of the milking shed and the animals.



They lunched at Kaponga Pub, visited the Possum Place then headed home. Thanks Colleen.

We then travelled around the middle/lower North Island, staying at my daughter and son in law's at Pahiatua. While there we discussed the last earthquake and talked about the damage. Murphy's Law, we had an earthquake that night, needless to say the next morning everyone was pleased that all was well. I think Erik was pleased to be leaving!

We travelled to Wanganui where we met James Metekingi, an AKA Amputee who has continuous issues with the socket prosthetic. James expressed interest so I made arrangements for Erik to spend time with James, his wife and children. Now I am on a mission to help James become a recipient of the system he desperately needs.

Before Erik flew over to Tasmania we travelled up to the beautiful Coromandel, staying a couple of nights at Whitianga. Erik has left me with a passion to help amputees with severe complications related to socket prosthesis (including myself). I thank Erik sincerely for his commitment and passion to share his journey with Osseo-integration.

## Condolences

Our condolences to Joan Blick & her family on the passing of her late husband Jeff. Jeff was a long standing member of the Amputee Society. He will be truly missed.

## Field Officers News from Margaret Barraclough- North Taranaki

The past three months have been very busy in my other life and it is always surprising to me how this job crosses over into everything I do.

One of my nursing friends I trained with 40 years ago has been in Waikato Hospital a lot recently with femoral Stents that keep blocking. It has been a real eye opener to me to hear about her trials first hand.

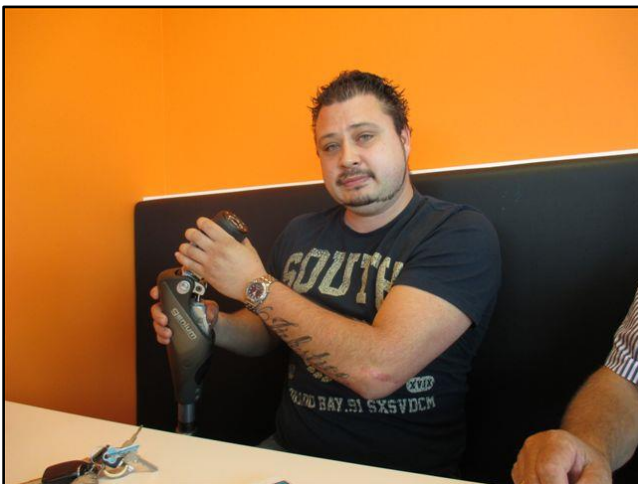
I spent a long time chatting to a lady in a dress shop, whose mother who lost her leg from a deep vein thrombosis, 15 years ago and she felt that it was from neglect.  
I hope the time spent with her healed some hurt.

The sun has started to shine with the warmth that brings smiles to faces and gives people happy hearts.

***Margaret Barraclough North Taranaki Field Officer (06) 7533207***



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James, "This is the leg I need"



Erik's Osseo-integration

**Contributions to the newsletter are welcome please contact:  
Sara Garrod – (06) 2726401/0272393902 or email- [saracorey@xtra.co.nz](mailto:saracorey@xtra.co.nz)**

## Josh Johnson – Rehab Physiotherapist

Hi there,

In the first part of this article, I spoke about the initial phase of amputee rehab right up to discharge.

In order to be ready for weight bearing and your new limb, the stump must be shaped into a cone. So once you are cleared for stump shaping, the Physiotherapist will either teach you how to use stump bandaging, or they will arrange for the correct size stump sock (commonly referred to as a Juzo). Once you start the process, the key is to keep going, stump socks are worn all day and night, except of course for showering. Bandaging is the same, where you will re-bandage as soon as it falls off. Sometimes you can start this even though your wound may not have fully healed, but once again, this is a case by case decision. Often there is a lot of swelling and the stump shape may not be ideal, but with time, this will improve.

Generally, rehab tends to focus on maintain the range of movement of the amputated limb, keeping the strength in the intact limb, working on cardiovascular fitness, and preventing joint and muscle shortening to enable an upright posture for walking. Most people will be given a Home Exercise Program (HEP) to do on their own, or with help from family/careers. Standing balance, sit- to-stands, single leg squats, and core strengthening are things that can be incorporated. The Ppam aid can also be utilized, which is an artificial leg cage which allows you to stand on two legs again.

Once your stump is healed and shaping up nicely, contact with your Limb Centre is made and an appointment is scheduled. The process is a little different for each of the Limb Centers, but I will give you a basic run down of the general process.

You meet your Physiotherapist, Prosthetist, and sometimes the Surgeon. Basic assessments are done (strength, range of movement etc) and then a mould or scan is made of your stump. This will be used to manufacture the socket for your new leg. This can take anywhere from a couple of days to a few weeks, depending on your Limb Center and amputee level.

If you are an above knee amputee (AKA) then discussions will be had about your functional level and the appropriate “knee joint” will be ordered or arranged. Most of these specialized pieces of equipment are ordered in from the USA or Europe. Some AKA people will start with a locked knee, to help with the transition to bipedal walking.

Also, there is the type of “ankle” you will require: one that moves versus fixed, again, this depends on your age, activity level etc. Someone with a below knee amputation (BKA) may go straight into an ankle that moves.

How your new limb is held onto your leg is another consideration. For BKA's, you can have a sleeve, leather strap, sometimes a ratchet type system, and more recently there has been more news around Osseo-integration. AKA's are a bit more difficult, where you have less leg area to support you and no knee joint. Sometimes a sleeve will do, but more often straps are required, ratchet, suction sleeves, or once again, Osseo-integration.

All the time, you will continue with your exercise and rehab, with your Physiotherapist.

Next installment will follow on from this, talking about learning to walk with your new leg and some of the new skills one must learn.

Josh Johnson- Rehab Physiotherapist

## Field Officers News from Colleen Mundt – South Taranaki/Wanganui

I have taken three people to Wellington to the Limb Center over the last three months with one good outcome, “I hope you are running around the rest home Beth”.

We had a great turnout to the Limb fitters visit at the Taranaki Base Hospital with Paul seeing 18 people over the two days that he was here. Paul is back at the Taranaki Base Hospital on the 6<sup>th</sup> of November, so please ring Auckland on phone number 0508630630 if you would like to see Paul.

I have seen members in South Taranaki over the months of August, September and October and all of you are looking healthy and are all handling the winter month's fine and same for the Wanganui members.

Had a great day with Erik Ax and Sylvia Ansley, we went to Cliff & Bev Marx's farm for a look at his cow shed and then we all went to Kaponga for a lovely lunch and a good catch up.

The Marx's then left us to vote and we went onto the Possum Factory, my farm and the Fonterra, Whareoa site. As well as showing Erik around, Sylvia got to see some new sites and travelled new roads. Erik was more than happy to show his prosthesis / Osseo-integration to anyone who was interested. I hope Erik had a good time in South Taranaki and enjoyed his visit to New Zealand.

***Colleen Mundt- South Taranaki/ Wanganui Field Officer – (06) 2788997***



**Colleen Mundt – Participating in the Fire Service Simulation Exercise**

# Finance

Please note subscriptions are now overdue  
If you have not paid please do so

Annual subscriptions are due on the 1st of April 2014. Please post your subscription to:

Mrs. Margaret Simpson, ( Patron ) 14 Exeter Street, Stratford, 4332

MEMBERSHIP SUBSCRIPTION ( \$10.00 )	\$.....
Associate Membership for your partner/spouse ( \$10.00)	\$.....
Donation to Society funds ( donations over \$5.00 are tax deductible )	\$.....
Total enclosed	\$.....

***Please make your cheque payable to the Amputee Society of Taranaki Inc.***

***Direct payment may be made using internet banking or at any TSB Branch***

***( Account-15-3953-0457601-00) Please include your name as reference if paying electronically or at the TSB***

Name.....

*( Include: name below of partner/spouse if subscribing as an Associate Member )*

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