



Amputee Society of Otago & Southland Inc.

Coordinator

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Newsletter

August 2017

No. 194

Hi Everyone,

Hope this newsletter finds you well and looking forward to a little less water in the spring. Of course for those of us in Southland we haven't had to put up with the extremes and vagaries of global warming as those of you in Otago. Sorry if you have been affected. (Do you have an evacuation plan in case of flood earthquake etc?)



You may notice our layout and look is a little different this quarter as we have started a little job sharing; this edition of the newsletter is being compiled by David Johnston situated in the big city of Invercargill.

Included with this Newsletter is the July edition of "**Purpose**".

MEMBERSHIP

DECEASED: Sadly, we record the passing of Meeke Wiriha of Winton, Doug Manson of Mossburn, Betty Watkins of Alexandra (formerly Tapanui), Margaret Aitken of Dunedin, John Rutherford of Mosgiel, Lynne Bartlett of Dunedin (Our thanks for funeral donations received of \$402), and Chris Campbell of Dunedin. Condolences to the families of these members.

NEW MEMBERS: It is also sad to note there were no new members enrolled for this last quarter. Your local Society and National Federation are constantly monitoring the Government and any policies that may impinge on the supply or availability of limbs and treatment in all areas of the country, our voice is made all the stronger and more relevant if we have a good sized membership. Please encourage all amputees you know to enrol. Subscription form and details are on final page. Thank you.

DONATION

Thanks to the Otago Community Trust for their grant of \$500.

TOTAL MOBILITY TAXI VOUCHERS

We wish to advise that we are no longer an assessment agency in Otago and that anyone wanting to join the scheme needs to get in touch with an alternative agency – Lorraine has a list of these if people contact her for them (Contact details on page 1). We have been an agency since 2001 but the committee felt that the new administrative requirements, along with an ongoing assessment process, do not justify the time and commitment expected from our Society on a voluntary basis.

ACUPUNCTURE & PHANTOM PAIN

Mark McDowall, at the Dunedin Limb Centre, as indicated that the Physio service has provision and qualified staff to provide acupuncture as part of pain management. Patients can have an assessment by booking in through the office for an appointment with the Physio.

One of our members from Central Otago has reported good results working with Jenny Hayes in Wanaka. Jenny practices in both Wanaka and Alexandra. Wanaka bookings (03) 443-0742 Wanaka Medical Centre Building, Alexandra bookings (03) 448-6688 at Alexandra Health.

Enthralling Battle Ends In Silver For Robinson

Staff Reporter

Dunedin's Holly Robinson put in a mighty effort but still could not grab the gold at the World Para Athletics Championships in London yesterday.

Lining up in the F46 javelin yesterday morning, Robinson put together an impressive series of throws and left her best to last.

The Dunedin athlete delivered a mighty distance of 41.83m in her fourth throw and then, with her last throw, she recorded a whopping 42.41m.

That was 1.2m better than her throw at the Rio de Janeiro Paralympics, where she won the silver medal.

Yesterday, she had to settle for silver again as her conqueror in South America, Hollie Arnold, of Great Britain, won in world record-breaking fashion again.



Arnold threw 43.02m, which was 1cm better than the mark she set to win in Rio.

The duo had an enthralling contest throughout and were well ahead of the bronze medallist, Surang Khamsuk, of Thailand, who threw just under 30m. Robinson can be well satisfied with her efforts and can now put her feet up for the rest of the meeting. The 22-year-old, who is originally from Hokitika, has a personal best of 42.68, set earlier this year.

Dunedin athlete Anna Grimaldi has decided to put all her efforts into the long jump and has pulled out of the sprint events because of a foot injury. Grimaldi qualified for the T47 200m final yesterday after finishing fourth in the semifinal.

However, she is struggling with a foot injury and made the tough decision to withdraw from the 200m final, which was run yesterday morning.

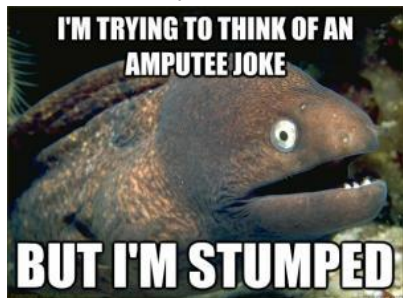
The heat for the 100m event was set for tomorrow morning and the final for the following day, which Grimaldi will now miss.

Grimaldi has time to rest the injury. The long jump will not be staged until next Sunday, the final day of the championships.

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On Sunday, although sitting in the silver medal place before the 6th and final round of the long jump final, Anna slipped down the rankings to finish fourth.

Evan Mitchell Celebratory Dinner - Balclutha dinner on Saturday 2nd September. This is always a pleasant evening at the Country Club in Balclutha. If you would like to join us this year please contact Lorraine in Dunedin on (03) 455-6347 or David in Invercargill on (03) 214-1548 before Wednesday 30th August.



Invercargill Clinic - This is tentatively scheduled for Thursday 19 October. Please check and confirm with Sue at the Limb Centre 0508-474-474.

Golf & Barbecue - These annual events will take place during the weekend 11/12 November - please mark the dates on your calendar. Further details in the next newsletter in early November.



Invercargill Meeting and Dinner - Our usual get-together will take place on Saturday 19 November. Further details in the next newsletter.

OSSUR CHRISTCHURCH MOBILITY CLINIC DAY

(In conjunction with the NZ Artificial Limb Service)

Cathy Howells (Physiotherapist) and Sarah Mulroy See Details below. Please contact Pauline at the Christchurch Limb Centre toll free on 0508 383 383, before Friday 4 August if you are interested in attending.

SUBSCRIPTION FORM

Use this form if you haven't yet paid this year's sub or there will be a red dot on the front of your newsletter if you haven't paid your 2016 sub.

Membership subscription (\$10) \$

Associate Membership for partner/spouse (\$10) \$

Donation (Donations over \$5 are tax deductible) \$

Total \$

Name

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

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If paying by cheque, return with form to Lorraine at 213a Bay View Road, St Clair, Dunedin 9012.

Or you can pay by direct credit to our bank account 03 1355 0277644 00 (please identify with your name).

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Affiliated to the Amputees Federation of New Zealand Inc.

CHRISTCHURCH MOBILITY CLINIC DAY

with Cathy Howells (Physiotherapist) and Sarah Mulroy (Clinical Specialist)

8 August 2017

Celebration Christchurch Centre

Optimising Outcomes for General Mobility, Running and Sport.

Short lectures and practice with small group of local above knee and below knee amputee clients.

Supported by physiotherapists, prosthetists, family, and other allied health professionals.

TIME	ACTIVITY
9.00 - 9.10	 <p>WELCOME Introduction for new attendees. CATHY HOWELLS & SARAH MULROY</p>
9.10 - 10.00	 <p>PRESENTATION Optimising Mobility for Amputees Basics of amputee running biomechanics, method of learning to run and exercise essentials for amputees. CATHY HOWELLS</p>
10.00 - 10.30	 <p>PRESENTATION Prostheses for Running SARAH MULROY</p>
10.30 - 10.45	 <p>MORNING TEA</p>
10.45 - 12.00	 <p>WARM UP Warm up routine for attendees and professionals</p>
	 <p>LEARNING TO RUN SESSION CATHY HOWELLS</p>
12.00 - 12.45	 <p>LUNCH</p>
12.45 - 1.45	 <p>EXERCISE ESSENTIALS A practical session for amputees and health care professionals. CATHY HOWELLS</p>
1.45 - 2.00	 <p>BREAK</p>
2.00 - 3.00	 <p>MULTIDIRECTIONAL AGILITY A practical session for amputees and health care professionals. CATHY HOWELLS</p>
3.00 - 4.00	 <p>SOCCER / BASKETBALL SKILLS BREAKAWAY MICROPROCESSOR KNEE SESSION CATHY HOWELLS</p>

CHRISTCHURCH MOBILITY CLINIC DAY

Optimising Outcomes for General Mobility, Running and Sport

8 August 2017

Celebration Christchurch Centre
81 Bickerton St, Wainoni, Christchurch 8061

FAQs

WHAT IS THE MOBILITY CLINIC?

The Mobility Clinic is an event designed for amputees of all ages and abilities, as well as health care professionals. Amputees will learn basic, intermediate and comprehensive prosthetic running techniques to improve mobility.

WHAT IS THE AIM OF THE CLINIC?

The aim is for amputees to gain increased mobility on their prostheses, through exercises and activities designed to increase confidence, balance and strength.

WHAT TIME SHOULD I ARRIVE?

The Mobility Clinic starts at 9:00am, please allow ample travel time and plan to arrive early.

CAN MY FAMILY COME ALONG?

Yes - family, friends and supporters are welcome to attend with you.

WILL LUNCH BE PROVIDED?

Yes - a light lunch, refreshments and drinks will be available throughout the day. Please bring a water bottle with you.

WHAT SHOULD I WEAR AND BRING?

Attending amputees and clinicians, please wear comfortable sport appropriate clothing and shoes. Please bring an exercise towel with you.

WHERE CAN I BOOK NEARBY ACCOMMODATION?

For local accommodation please check with your Centre.

ARE THERE ANY ACTIVITIES OR PRESENTATION THAT ARE TAILORED FOR PROFESSIONALS WORKING WITH AMPUTEES?

The Clinic features presentations from our expert coach and physiotherapist Cathy Howells and Clinical Prosthetist Sarah Mulroy. These presentations are for all attendees but supply clinical information for the attending health professionals.

The Clinic is a 0hands-on2 learning experience for professionals. You are paired with an amputee for the clinic and will assist them in all aspects: running, exercises, mobility activities and sports.

Amputees attending the clinic are of all ages, abilities and levels of amputation. We have had unilateral, bilateral and quadrilateral amputees attend past clinics.

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