

Purpose

Journal of the



**Amputees
Federation**
of New Zealand
Incorporated

March 2018

RHEO KNEE® XC

Helping you to explore new places and uncharted terrains, overcome what you thought were your boundaries and pursue a life without limitations, the RHEO KNEE XC is an ideal companion to engage in high-impact, ambitious endeavours.

With all the same benefits of the upgraded weatherproof RHEO KNEE, the RHEO KNEE XC also features automatic modes for **running**, **cycling** and **stair ascent**.



PRO-FLEX® FAMILY

The Pro-Flex range of solutions promote an active lifestyle by optimising ankle range of motion, increasing push-off power and reducing adverse impact to the sound limb.



Pro-Flex® LP



Pro-Flex® LP
Torsion



Pro-Flex®



Pro-Flex® XC



Pro-Flex® XC
Torsion

FOLLOW ÖSSUR ON



WWW.OSSUR.COM.AU

Össur Australia - Prosthetics

TEL +61 2 8838 2800

FAX +61 2 9630 5310

infosydney@ossur.com

PURPOSE

No. 113

March 2018

**Published by
Amputees Federation
of New Zealand Inc.**

Registered with the
Charities Commission
(CC26629)
for income tax
deductibility of
donations

**Editor
Lorraine Peacock QSM
213a Bay View Road
St Clair, Dunedin 9012**

Phone (03) 455-6347

**Email
lorrstan@xtra.co.nz**

**Website
www.af.org.nz**

**Contributions welcome.
Deadlines for articles
and advertising material
15th February, June
and October each year.**

Included in this Issue

The National Executive	2
Guest Editorial	3
An Occasion to Remember	4
Paula Tesoriero - Disability Rights Commissioner	5
Implications of Amputees Being Overweight	6
Designer Limb Covers	8
Publications	9
Would you Consider Us in Your Will?	9
Letters to the Editor	9
Alignment of Your Prosthetic Limb	10
News from the Regions	10
Affiliated Amputee Societies	12

*The opinions expressed in this
Journal are not necessarily those
of the Amputees Federation of NZ Inc.
unless stated as such.*

Our sponsors who advertise in this
Journal help pay for its publication.
Please give them your support!

AMPUTEES FEDERATION OF NEW ZEALAND INCORPORATED

The National Executive

President

Mr Mark Bruce
Christchurch

Vice President

Mr David Johnston
Invercargill

National Coordinator And Editor of *Purpose*

Mrs Lorraine Peacock QSM
213a Bay View Road
St Clair
Dunedin 9012
Phone (03) 455-6347
Mobile 027 4221298
Email lorrstan@xtra.co.nz

Immediate Past President

Mr John Ealand
Blenheim

Committee

Mr Wally Garrett
New Plymouth

Mr Geoff Hansen
Hastings

Miss Claudia Teague
Auckland

Mr Matthew Bryson
Edgecumbe

Nominee to the NZ Artificial Limb Service

Mr Kevin Ross

Hon. Solicitor

Mr Lindsay Trotman LL.M(Hons)
Palmerston North

Federation's Website
www.af.org.nz

GUEST EDITORIAL

I am pleased to have been invited to deliver a Guest Editorial for this issue of Purpose. Although not strictly “amputee related”, Waitangi Day is something which affects us all so I thought I would offer my own personal views.

Public holidays in NZ usually evoke a myriad of emotions from people, mostly happy ones. It might be the start of the festive season, a day off work, a long weekend away or to celebrate religious meaning. Waitangi Day, for me, has not stirred any of those emotive feelings over the last 25-30 years, until this year. I have “dreaded” the day as it approaches which is an absolute shame as I have watched news coverage of the inevitable protests, lack of respect, infighting and violence that seems to be commonplace for what is regarded as our national day.

When the Treaty was signed back in 1840 after a tumultuous period in our history, it marked the coming together of two nations as one. Notwithstanding the exact clarity of what was transcribed then translated, I feel it was the intention for two parties to use the Treaty as a basis for establishing a better and more peaceful life going forward as our country grew. The Treaty could be treated as a living document, open for negotiation and change as evidenced by the Waitangi Tribunal’s rulings to redress wrongdoings of the past and latter-day Governments following through with Treaty settlements to affected Iwi.

I have no hesitation in admitting that I did not vote for Jacinda or any of the coalition partners but after this year’s Waitangi Day and giving the issue some serious consideration, my thoughts have altered. By going to Waitangi for 5 days, (instead of a brief “flit” in and out in corporate BMWs), donning an apron to cook a BBQ with her coalition colleagues, delivering speeches with sincerity and displaying a genuine desire to address issues, Jacinda has won my respect. Most importantly, I feel she may have won the respect of the tangata whenua - no protests, no violence and a display of harmonious celebrations of our National Day, as it should so rightly be.

Well done to Jacinda and the coalition partners for turning around “our day” by making it a real celebration for ALL New Zealanders and a day we can be justifiably proud of as Kiwis.

Mark Bruce
President

AN OCCASION TO REMEMBER

On behalf of the Federation, Claudia Teague and Janis Bourne attended the Governor-General's Bledisloe Garden Reception on 6 February to celebrate the 178th Anniversary of the signing of the Treaty of Waitangi. They arrived at Government House to the Defence Force band playing in one corner of the garden, marquees around the edge of the garden, a long marquee with tables and chairs for all to sit, and a number of signs indicating the availability of a wide variety of nibbles and drinks. Dame Patsy was introduced and gave a wonderful speech, the Hone Waititi Marae School performed a Haka, the band played and all the guests mingled. Everyone was dressed in their finest, including Claudia and Janis who were delighted to have their photo taken with the Prime Minister.



**JOIN US FOR OUR
NATIONAL CONFERENCE & GIVE IT A GO!
IN WELLINGTON
20-22 APRIL 2018
REGISTRATION FORMS ARE AVAILABLE
ON OUR WEBSITE OR FROM THE
NATIONAL COORDINATOR**

If you are receiving this *Purpose* in printed form and would like an e-copy emailed to you, please let us know.

PAULA TESORIERO - DISABILITY RIGHTS COMMISSIONER

One of the many interesting speakers at this year's National Conference will be Paula Tesoriero who, until August of last year, was a Board member of the NZ Artificial Limb Service. The title of her talk at this year's conference will be "Promoting Change" and who better qualified to address such an issue!



Paula Tesoriero won Olympic gold as a cyclist but the ultimate prize was where her achievement led her after that, she says. As Disability Rights Commissioner, Paula is resolved to making New Zealand a better and more inclusive place for those with disabilities. "Our attitudes as a nation towards disability is one associated with stigma, fear and uncertainty" she says. "If young people don't

understand disability then we shouldn't be surprised with what we see in the bullying space. Our attitudes are at best indifferent and at worst discriminatory. We do have some way to go in acknowledging the value that disabled people bring to the workforce, to our communities, in understanding how to provide adequate services and infrastructure."

Paula was born with amniotic banding, a condition where a baby's limbs become entangled, restricting blood flow. In her case, both legs and one hand were affected. She had many surgeries throughout her childhood and at 13 had a leg amputated below the knee. Her childhood memories are mostly associated with being in hospital. It shaped her in many ways. "It gave me a very real sense of making the most out of life. When you go in for these big surgeries you wonder if you're going to come out or if your disability will get worse. It built in me a very real sense of needing to do as much as possible in my life as quickly as possible. I still think that, despite the fact there is no actual medical threat."

Paula got her first set of wheels at the age of five. "A bike gave me that sense of freedom and speed that I didn't have walking. I felt

more of an equal on a bike. I was able to join in. It was a great source of independence. I could go fast and that was a thrill.” At that stage she wasn’t thinking about disability or the distinction between the Olympics and Paralympics. She just wanted to be the fastest and whizzed round the streets of Kāpiti with that in mind.

Paula later studied law at Victoria University and then worked at the Ministry of Justice in policy-making, ending up as general manager of the higher courts. As a young adult, Tesoriero had become angry and frustrated with what she perceived as her limitations. During her university years she made a very deliberate decision to shut disability out. It was when she decided to cycle competitively that everything changed. Paula went on to break the world record and won two silver medals at the 2006 UCI Track Cycling World Championships. But her gold medal at the 2008 Beijing Paralympic Games in the 500m time trial was the real jewel in the crown. Paula, who was made a member of the NZ Order of Merit in 2009, says: “These days I talk about the medals themselves being great but it was the journey around accepting disability that was the ultimate prize because it’s led to me being a better person. It’s led to me being able to make a contribution to a number of organisations. It’s led to this role. These were the big prizes.”

(Excerpts & image courtesy of Stuff)

IMPLICATIONS OF AMPUTEES BEING OVERWEIGHT



A recent New Zealand Health Survey found that: around 1 in 3 adults (aged 15 years and over) were obese (32%) and a further 34% of adults were overweight but not obese. The only fatter nations are the United States and Mexico. NZ has been in third place since

at least 2007, but then 26.5% of adults were obese. Now, that rate has crept up to 30.7%.

The health risks associated with being overweight are well known and include: risk of heart attack, Type 2 Diabetes and stroke. In addition to the usual health risks, weight gains affect amputees in other ways; these include skeletal problems, choice of components and socket fit.

Orthopaedic Problems - Being overweight puts extra stress on knees, hips and other joints. This stress can then cause pain and chronic osteoarthritis. People of all ages, even those who are fairly young, might need joint replacements. This is a concern for overweight amputees as well. They might need hip or knee replacements on the opposite side from their amputation if their weight adds too much stress when standing, walking, turning and climbing stairs.

Cardiovascular (heart) problems - When people are overweight, their hearts need to work even harder to circulate blood throughout the body. This means it takes extra energy for overweight people to move, walk and exercise. People with lower limb amputations already spend extra energy walking. There is an even bigger burden to the heart when they are overweight.

Being overweight affects socket fit - The socket is the most important part of any prosthesis. It helps with control, support (how your body rests on the residual limb) and stability (how you walk). Sockets fit best when people have firm tissues. This is like building a house on stone, compared to mud - it works best with a solid foundation. But when people are overweight or obese, it is hard to use the firm tissue beneath fatty tissue. Being overweight means less options for socket design and suspension. For instance, people who are overweight might have difficulty putting on (donning) and taking-off (doffing) their prosthesis due to soft tissue problems.

What can you do?

Lose weight - Some amputees wonder if losing weight causes even more socket fitting problems. The answer is yes, but the benefits far outweigh any risks or problems. If you lose a lot of weight, your prosthetist may have more prosthetic options to choose from. For instance, you may now be able to choose feet (or other prosthetic parts) that improve the quality of your life.

Increase your activity level - To lose weight, you must burn more calories than you take in. Almost always this means going on a diet and increasing your activity level. Talk with your doctor before you go on a diet or increase your activity level. You and your doctor can select a programme that is right for you. Burn calories through exercise. We know exercise is extra hard to do when you are an amputee. It is even more difficult when you are overweight or obese. But you have to start somewhere. Speak to your doctor, physiotherapist or prosthetist about exercises that do not put too much stress on your body and residual limb.

You will need to manage the fit of your prosthesis while you are losing

weight. You may need to add socks to ensure that you have a firm prosthetic fit until your weight has been stabilised and a new socket can be made. Get started today by talking with your prosthetist or healthcare provider. Work together to set goals. Yes, you can start changing your life one calorie, one step, and one day at a time!

(Excerpts reprinted from Limbs4Life Amplified 2/2017)

DESIGNER LIMB COVERS



Victoria University Design School Masters student Fenella Richards, 22, has been working with the artificial limb service (NZALS) to develop covers for artificial limbs that can be printed with designs. For her masters projects Fenella found amputees wanted limbs that made a statement. Originally the plan was to 3D print them, but it turned out to be too costly and it was ultimately easier to print the designs on plastic that could then be thermo-shaped. "The idea was

they could choose whatever they wanted to put onto it, whether it's a photo or graphic design or whatever," Fenella said. The aim is to turn the covers into a sellable product for amputees. But in the meantime, the NZALS continues to test them out on their clients.

NZALS Chief Executive Sean Gray said New Zealanders were great guinea pigs for developments in prosthesis technology because they tended to test their limbs to the limits. "People have broken them because they have had them in a ski boot." Finding the right material for the covers had been tricky, as they must be durable while having some give. NZALS funded Fenella for the project, and Mr Gray was excited by the developments. "This is a good example of empowering patients with cool stuff and it's interchangeable. They can wear different things for different occasions." So far outside of NZALS, a possible Australian distributor had shown interest. Fenella is also intending to expand her portfolio into the World of Wearable Arts competition, which would include amputee models.

(Reprinted from Stuff)

PUBLICATIONS available (no cost) from the National Coordinator or Regional Society Secretaries

A New Challenge - Advice for New Amputees (a 32 page booklet)

An Ongoing Challenge - A 60 page publication which covers a wide range of topics and includes personal profiles of 11 amputees.

A Challenge with Purpose - A History of the first 50 years of the Amputees Federation of NZ Incorporated (275 pages)

The Amputee Society of Otago & Southland Inc. - The first 60 years (146 pages)

Little Jellybean by Margot & Anton Wuts - for child amputees, their parents and families (24 pages)

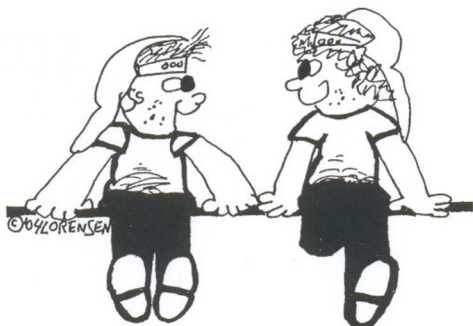
WOULD YOU CONSIDER US IN YOUR WILL?

The Amputees Federation of NZ Inc relies solely on grants and donations for its day-to-day operating expenses, including the support it provides to the nine Regional Societies. Apart from the National Coordinator who receives a nominal remuneration, all work carried out by members of the National Executive is on a voluntary basis.

We would be very grateful if you would consider making a bequest to the Federation in your Will or you can include a bequest to the Federation in an existing Will by adding a Codicil (a supplement to a Will that is intended to alter or modify it). Your Solicitor/Trustee will be able to advise you regarding this.

We would very much appreciate your support.

“THAT'S **SO COOL**.....
ONE LEG GROWS SLOWER THAN
THE OTHER FOR YOU HUH?”



LETTERS TO THE EDITOR

and other contributions to **Purpose** are very welcome (300 words maximum).

If you have anything to share with readers, please send it to the Editor at 213a Bay View Road, St Clair, Dunedin 9012, or email to lorrystan@xtra.co.nz

ALIGNMENT OF YOUR PROSTHETIC LIMB - TRUE OR FALSE?

It is normal that I must rely on my sound side when standing.

False: If you have an optimised alignment, and limited other issues on your “sound side” you should be standing with even weight on both legs comfortably.

I have an above knee amputation, and my prosthetic knee joint is not working because it always collapses underneath me.

False: If your knee joint is yielding or collapsing when you stand this could be a sign of poor alignment and your prosthetic knee joint could be working fine.

When I close my eyes and listen to my steps they should sound even and symmetrical.

True: The timing of your steps should be even, like a metronome. Try clapping with each step to check.

When I stand its normal for my prosthetic leg to be in front compared to my sound leg.

False: If you stop and stand relaxed, look down at the position of your feet. They should be in one line, and not one in front of the other.

Even though I only have a basic prosthesis, the alignment is no different to that of a computerised one.

True: Despite all the technology that goes into a high end prosthesis, it will not perform at its desired functionality if it is not aligned correctly.

(Courtesy Limbs4Life & Aideen Curran, Ottobock Academy Sydney)

NEWS FROM THE REGIONS

Auckland & Northland - The 72nd Annual General Meeting was scheduled for Sunday 4 March at the Maungakiekie Golf Course, Mt Roskill. They are looking forward to an invigorating year ahead - a new year with new goals.

Waikato, Bay of Plenty & Districts - Guest speaker at our Christmas lunch was Tui Priest from Sports Waikato who stressed how important it was to stay active - even the smallest of exercise was better than none. We all agreed! *(Lee Cook, President)*

Hawke's Bay/East Coast - We have started the year with our usual activities. Our free swim exercise program is underway after a few breaks last year due to the Aquatic Centre undergoing earthquake

strengthening. We hope to welcome a new group of officers and committee members following our AGM. *(Diane Walsh, President)*

Taranaki - In early December our Christmas Party took place at the Garrett's home. Everyone brought a \$5 present which Santa handed out and we all enjoyed a lovely BBQ meal together. Our AGM will be held once again at the Marx farm in Kaponga. Bev and Cliff have a beautiful garden which is a pleasure to walk around. Bev has a begonia house, and the plants are so laden that she has to support them to prevent the stems from snapping. Their vegetable garden is enormous and keeps them well fed. *(Wally Garrett, President)*

Manawatu - We marked the start of 2018 with a member luncheon at the Masonic Café in Levin. Fifteen members attended, with Morena Taylor (an active member over the years and a resident of the Masonic Village) as guest of honour. The AGM is to be held on Saturday 24 March at St David's Hall on Main St at 10.30 am, followed by lunch. At this stage 12 members are looking forward to attending conference in Wellington in April. *(John Maher, Secretary)*

Greater Wellington Region - Wellington has experienced some fantastic fine weather which has allowed us to enjoy the great outdoors. Our AGM is coming up on March 11 and we would love to see our members attend and contribute to the running of our Society. We will be hosting the 2018 Amputees Federation National Conference on April 20-22 at The Brentwood Hotel and look forward to seeing you there. *(Ken Te Tau, Vice President)*

Nelson & Marlborough - Marlborough members have had a quiet time over the Christmas break but we intend to meet up again at the beginning of March. Look out for your invites! *(Carla Taylor, Secretary)*

Canterbury & Westland - Our AGM is due to be held on 18 March and 8 members from our Society will be attending the conference in Wellington in April. We have made contact with the local CCS and have a relationship with that organisation. *(Eileen Popplewell, Secretary)*

Otago & Southland - There was a good turnout of members at the meeting and dinner in Invercargill in November and the 74th AGM is to take place on 10 March. *(Lorraine Peacock, Coordinator)*

Newsletters of Regional Societies are available on the Federation's website (www.af.org.nz) along with other useful information.

SUPPORT YOUR REGIONAL SOCIETY - IT SUPPORTS YOU!

AFFILIATED AMPUTEE SOCIETIES

Region	Secretary/Contact Person
Auckland & Northland	Janis Bourne 23 Birdwood Road Swanson <i>janismbourne@gmail.com</i> Auckland 0612 Phone (09) 833-8057
Canterbury & Westland	Eileen Popplewell P O Box 26-148 <i>cedllaigh4@xtra.co.nz</i> Christchurch 8148 Phone (03) 349-9415
Hawke's Bay/East Coast	Geoff Hansen 809A Ferguson St <i>burnoff@xtra.co.nz</i> Hastings 4122 Phone (06) 870-3357
Manawatu	John Maher 46A Bennett St <i>jmaher@orcon.net.nz</i> Palmerston Nth 4412 Phone (06) 354-7023
Nelson & Marlborough	Carla Taylor 20 Leefield St <i>carlatinker@gmail.com</i> Blenheim 7201 Mobile 0211171917
Otago & Southland	Lorraine Peacock 213A Bay View Rd St Clair <i>lorrstan@xtra.co.nz</i> Dunedin 9012 Phone (03) 455-6347
Taranaki	Margaret Barraclough 158A Tukapa St <i>amp.soctaranaki@gmail.com</i> New Plymouth 4310 Phone (06) 753-3207
Waikato, Bay of Plenty & Districts	Ruthie Coltrane P O Box 15-130 Dinsdale <i>ruthie.coltrane@gmail.com</i> Hamilton 3243 Mobile 0273664540
Greater Wellington Region	Ken Te Tau 27 Waiho Tce Elsdon <i>tetau@paradise.net.nz</i> Porirua 5022 Mobile 0274876599

Visit our Website at www.af.org.nz

A black and white photograph of a man with a prosthetic right leg running on a gravel path. He is wearing a dark polo shirt and shorts. The background shows a fence and trees. In the bottom left, there are two overlapping circles, one blue and one green.

ottobock.

Empower

Reclaim your power

The world's first prosthetic
foot with powered push off.

Quality for life

Obligation free trials now available

Otto Bock Australia Pty Ltd
Tel 1300 136 056 • healthcare@ottobock.com.au
www.ottobock.com.au

Follow OttoBock Australia on



Remember that you're not the first person
to have lost a limb - many others have
passed along the same route and achieved
conspicuous success.

If you wish to do the same, you are more
than half-way there - the remainder is as
easy or as difficult as you make it.

