

Amputation

INFORMATION GUIDE



The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

Brochures, Fact sheets

- Amputee Coalition of American. **First Step: A Guide for Adapting to Limb Loss.**
- Michigan Medicine Frankel Cardiovascular Center. **How to Care for Yourself after Amputation**
<http://www.med.umich.edu/1libr/CVC/Vascular/CareForYourselfAfterAmputation.pdf>
- University of Michigan Orthotics & Prosthetics Center. **Resource Guide for Persons with Limb Loss 2019**
<https://medicine.umich.edu/sites/default/files/Amputee%20Resources%202019.pdf>

Magazines

- Amputee Coalition of American. **inMotion.**
<https://www.amputee-coalition.org/limb-loss-resource-center/publications/inmotion/>
inMotion is published bimonthly for amputees, caregivers and healthcare professionals, providing timely and important information on a wide variety of topics related to amputation.

Amputation

INFORMATION GUIDE



- **AmputeeNews.** News about, for and by amputees. **Amp It Up!** a free online magazine published by AmputeeNews is also available on their website. Access at: <http://amputeenews.com/>

Books

General Reading

- Cristian, Adrian. **Lower Limb Amputation: A Guide to Living a Quality Life.** New York: Demos Medical Pub, 2006.
- Malchow, Dee. **Alive & Whole Amputation: Emotional Recovery.** Levittown, PA; Helping Hands Press, 2016.
- Riley, Richard. **Living with a Below-Knee Amputation : A Unique Insight from a Prosthetist/Amputee.** Thorofare, NJ: SLACK, 2005.

Biographies & Inspirational Reading:

- Maynard, Kyle. **No Excuses: The True Story of a Congenital Amputee Who Became a Champion in Wrestling and in Life.** Washington, DC: Regnery Pub, 2005.
- Rigsby, Scott, and Jenna Glatzer. **Unthinkable: The True Story About The First Double Amputee To Complete The Work-Famous Hawaiian Ironman Triathlon.** Carol Stream, IL: Tyndale House Publishers, Inc., 2009.

Audiovisual Resources:

- Real Life Video Productions. **There is Life after Amputation.** Westland, MI: Real Life Video Productions, 2005. (DVD)
The personal stories of the amputees involved in the Amputee Support Group at Saint Joseph Mercy Hospital in Ann Arbor, Michigan. The group discusses coping, peer support, family involvement, goals, challenges, hobbies and interests, laughter and the support group.

Amputation

INFORMATION GUIDE



- Thio, Patricia, and Kent Allison. **Armed for the Challenge**. Loma Linda, CA: PossAbilities: Distributed by Inland Empire Health Plan, 2007. (DVD; 20 min.) One man's story of surviving and thriving as an above elbow amputee. Iron Man athlete Willie Stewart trains to compete in the physically challenged Triathlon USA competition. View online at: <https://vimeo.com/13014411>

Web Resources

- **Amputee Coalition of American Limb Loss Resource Center**
<http://www.amputee-coalition.org/limb-loss-resource-center/>
This organization strives to empower people with limb loss through education, support and advocacy. The Information Center section of the site offers fact sheets, easy-read materials, videos, articles and more.
- **Society for Vascular Surgery - Amputation**
<http://www.vascularweb.org/>
 - Click on “Patient Resources”
 - Click on “Vascular Treatments”
 - Click on “Amputation”This site provides an overview of the amputation procedure, including when it is necessary and what happens during and after surgery.

Michigan Medicine Resources

- **Michigan Medicine Orthotics & Prosthetics Center-**
<http://www.uofmhealth.org/medical-services/orthotics-and-prosthetics>
In this center experts assess each patient’s individual needs and custom design orthoses and prostheses to meet those needs.
For more information call (734) 973-2400.
- **Michigan Medicine Rehabilitation Medicine: Amputation**
<http://www.uofmhealth.org/medical-services/amputation>
A multidisciplinary team provides prosthetic care and comprehensive management of the adult and pediatric amputee. For more information call (734) 973-2400.

Amputation

INFORMATION GUIDE



- **University of Michigan Community Amputee Network (U-CAN)**
<https://medicine.umich.edu/dept/pmr/programs/orthotics-prosthetics/u-can-amputee-support-group>
This support group is open to amputees and family members. Helps amputees learn from each other and allows for sharing of questions and concerns. Contact the Support Group to receive a monthly newsletter. For more information:
 - Phone: (734) 975-7449
 - E-mail: U-CAN-Michigan@umich.edu
- **University of Michigan Limb Loss Support Coordinator**
The Limb Loss Support Coordinator can provide information and resources, answer questions, and arrange peer visits between amputees with similar amputations.
Carla Vollmer
Phone: 734-975-7432
E-mail: cvollmer@med.umich.edu or U-CAN-Michigan@umich.edu

Patient Support Organizations

- **Amputee Coalition of American**
<http://www.amputee-coalition.org/>
This is a non-profit amputee consumer education organization, representing people who have had amputation or were born with limb differences. This organization also provides national support group information.
1-888 -267-5669
- **The National Amputation Foundation**
This organization focuses on services for veterans.
<http://www.nationalamputation.org/>
(516) 887-3600

This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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