

PATIENT INFORMATION

Prosthetic Rehabilitation

The group is for people who have or will be assessed by Exeter Mobility Centre (EMC) for the provision of an artificial limb.

When you start the sessions, you will be assessed by the physiotherapist to plan your individual program.

What is our aim?

Before you get your limb fitted:

to improve muscle strength and balance in preparation for limb fitting.

to practice walking with an early walking aid if appropriate.

Once you have your limb:

to learn to walk using your limb.

to help you become more confident and independent with your daily activities, your general fitness and well-being.

What do we do?

- We have access to the gym once a week, as required.
- The exercises are individually prescribed, and you will be given a home exercise programme to follow in between sessions.
- You will be encouraged to progress at your own pace, and your physiotherapist will help you to set your own goals for treatment.

You will either have sessions individually or with up to two other patients. You will have the chance to meet and chat to the other patients if it is a joint session.

It will be run by a Physiotherapist and up to 2 other members of staff.

We will review you regularly to assess your progress. We will discuss your discharge from the sessions with you and arrange for further follow up if appropriate.

If necessary, you may be referred for physiotherapy in the community following your discharge from the sessions.

Useful Contacts

Specialist Physiotherapist

Exeter Mobility Centre

01392 403649

TSDFT Customer Services

Patient Transport

01803 656777

For Office use:

Initially Assessed by:

Profession:

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.