

Occupational Therapy Toolkit

Amputation of the Lower Extremity

Functional Limitations:

ADL, IADL, work and leisure impairment
Functional mobility impairment
Impaired strength, upper and lower body
Limited activity tolerance and endurance
Phantom limb pain
Impaired balance
Falls risk
Fear of falling
Environmental barriers
Altered body image
Other symptoms and conditions - diabetes, peripheral vascular disease, depression

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...
Recommend and/or provide adaptive equipment

Lower body ADL's, including donning and doffing prosthesis and socks

Care of prosthesis, sock hygiene

Care of residual limb and remaining leg

Instruct in energy conservation techniques with application to ADL's

Driving assessment and adaptations

Functional mobility training

Train in proper transfer techniques and bed mobility skills as they relate to ADL and IADL tasks, train with and without prosthesis

Instruct in safe walker use and transporting items (walker bag or tray)

Instruct in wheelchair mobility

Monitor cardiac status during ambulation. A below-knee amputee uses 40% to 60% more energy walking on level ground than does a non-amputee, and an above-knee amputee uses 90% to 120% more energy

Provide UE activities and exercises to increase strength specifically for scapular depressors, elbow extensors and wrist extensors. Overhead pulley, chair push-ups, depression blocks

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Provide functional balance activities to increase balance confidence.

Graded activities in sitting and standing, supported and unsupported, with and without prosthesis

Assess home safety and functional safety and provide environmental modifications and adaptations

Educate regarding falls risk and prevention strategies

Educate regarding phantom limb pain

Patient Education:

1. Equipment Care - Prosthesis and Socks
2. Donning Your Prosthesis and Socks
3. Caring for Your Residual Limb
4. Care of Your Remaining Leg
5. Upper Body Strengthening and Stretching Exercises
6. Upper Body Strengthening Activities
7. Hand Strengthening Exercises
8. Energy Conservation Principles
9. Energy Conservation with Self Care Activities
10. Energy Conservation with Meal and Home Management
11. Using Your Walker Safely
12. Management of Phantom Pain
13. Falls Risks Assessment and Prevention Strategies
14. Home Safety and Functional Safety Assessment