

# AMPUTATION REHABILITATION

## FACT SHEET

- There nearly two million people living with limb loss in the United States.
- Approximately 185,000 amputations occur in the United States each year. <sup>1</sup>
- The main causes of limb loss are:
  1. Vascular disease – 54%
  2. Trauma – 45%
  3. Cancer – Less than 2%

### Acute Medical Care and Rehabilitation

Shepherd Center provides comprehensive rehabilitation that addresses the needs of people who have experienced one or multiple amputations, polytrauma, including co-occurring fractures, burns, etc., and/or a dual diagnosis of brain or spinal cord injury. Depending on patient needs, inpatient rehabilitation ranges from weeks to months with therapy at least three hours per day.

Our team of physical and occupational therapists work with people following amputations to maximize independence with activities of daily living, (i.e., bathing, dressing, grooming, etc.) as well as home and community mobility, strengthening and pre-prosthetic training. Once the patient is medically cleared, Shepherd's team works with orthotists and prosthetists to begin prosthetic fitting and training while the patient is participating in inpatient rehabilitation.

As with all programs at Shepherd Center, the goal is to maximize independence at home and in the community. Patient and family education are a priority. The staff at Shepherd Center recognizes the new challenges patients and their families are facing, and we are committed to preparing them to handle those challenges successfully. Shepherd Center's mission is to help people with temporary or permanent disability caused by injury or disease rebuild their lives with hope, independence and dignity, advocating for their full inclusion in all aspects of community life while promoting safety and injury prevention.

### Therapy Team

The core therapy team consists of physical therapists, occupational therapists and recreational therapists. These therapists work as part of a multidisciplinary team that addresses medical management of co-occurring conditions, healing of the surgical site, pain management, nutritional management, assistive technology, wheelchair seating clinic and counseling services.

### Multidisciplinary Treatment Services Include:

- Medical management and post-surgical care, including a physiatrist and plastic surgeon
- Nursing care
- Physical, occupational and speech therapy services
- Wound care specialty team, including OTs, PTs and nurses
- Recreation therapy
- Assistive technology
- Aquatics and wellness
- Case management
- Neuropsychological and counseling services
- Patient and family education
- Wheelchair seating clinic and other durable medical equipment
- Vocational counseling
- Pain management services
- Prosthetist of your choice (outside consultant)



**Shepherd Center**

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<sup>1</sup> - "Limb Loss Statistics." Amputee Coalition, The Administration for Community Living, U.S. Department of health and Human Services, <https://www.amputee-coalition.org/resources/limb-loss-statistics/>