

## What is the next step?

Your physiotherapist will refer you to the Artificial Limb Service at the Sussex Rehabilitation Centre in Brighton. The consultant there will assess your progress, and if you are managing well you will be measured and fitted with your prosthetic limb.

## Frequently asked questions

### Q: Will I wear the PPAM Aid at home?

**A:** No. The PPAM Aid will only be used for short assessment & treatment sessions with your physiotherapist during your time as an in-patient and when you attend out-patient appointments.

### Q: How long will I wear the PPAM Aid for?

**A:** You will wear the PPAM Aid for 5 - 10 minutes initially. The more you become used to it, the greater the amount of time you will spend wearing it. The maximum length of time will be 30 -40 minutes. You will be with your physiotherapist at all times during these sessions.

### Q: How long will I use the PPAM Aid for with my physiotherapist?

**A:** The PPAM Aid is a mobility aid that is used with your physiotherapist in the transition between using a wheelchair and becoming a prosthetic limb wearer.

## Patient feedback

*'I found that using the PPAM aid gave me a sense of what it could be like walking with an above knee prosthesis and gave me the motivation to want to use a prosthetic leg'.*

## General advice

- Keep as active as possible
- Continue with your exercises provided whilst you were in hospital to optimise your strength and flexibility

If you would like to talk to another amputee to share experiences contact:

The Buddy Scheme Coordinator  
Sussex Rehabilitation Centre  
Brighton General Hospital  
Elm Grove  
Brighton BN2 3EX  
01273 696011

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيمكننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如你不明白本單張的內容，我們可安排口譯員服務。

如你不明白本傳單的內容，我們可安排口譯員服務。

اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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### Disclaimer

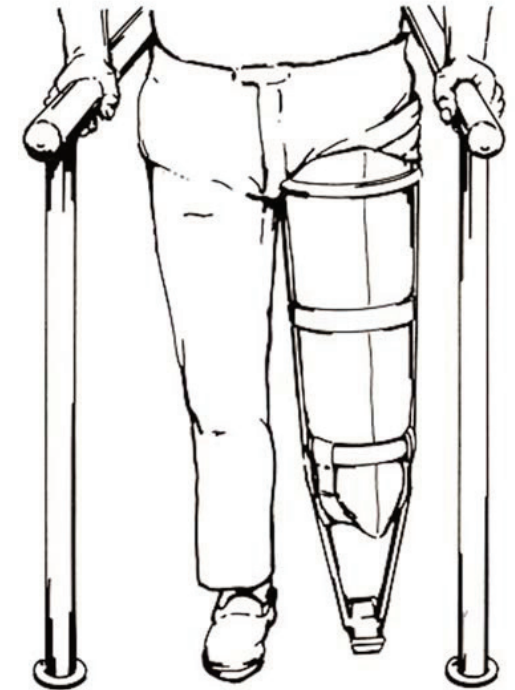
The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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# PPAM Aid Information for Patients



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Brighton General Hospital, Elm Grove,  
Brighton, BN2 3EW  
www.bsuh.nhs.uk

Following your amputation your physiotherapist's aim will be to help you to improve your strength and function, with the goal of enabling you to walk with a prosthetic (artificial) limb and maximise your independence.

## What is the PPAM Aid?

- PPAM Aid is an abbreviation for the Pneumatic Post Amputation Mobility Aid
- It is suitable for below, above and through knee amputees
- In the initial stages of your rehabilitation your physiotherapist will use the PPAM Aid as an assessment and treatment device

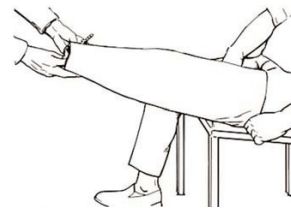
## How does the PPAM Aid work?

- The PPAM Aid consists of an outer and inner pneumatic (inflatable) sleeve and cushion
- The inflated cushion lies at the end of your residual limb and the sleeve is pulled over the top. The cushion and sleeve are then enclosed in a rigid tubular frame and the sleeve is inflated. This allows you to then stand up and mobilise

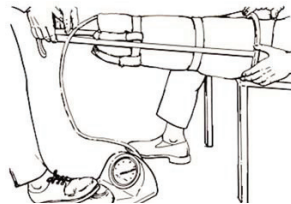
1. A material cover is rolled over the residual limb and the inflated cushion is applied



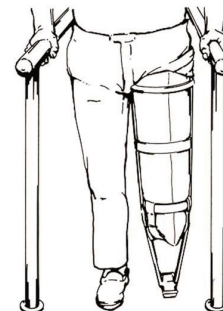
2. The outer sleeve is applied over the top of the residual limb while your physiotherapist ensures the cushion is held in place



3. The metal frame is carefully placed over the sleeve until the 'foot' of the frame is set for your height



4. Using a foot pump, the physiotherapist slowly inflates the sleeve, ensuring that comfort is maintained throughout



Illustrations: [www.ortho-europe.com](http://www.ortho-europe.com)

## Why use the PPAM Aid?

- Can give you a huge psychological & physical boost!
- Reduces residual limb swelling
- Decreases instances of pain
- Decreases phantom limb sensations
- Improves circulation which promotes healing
- Prepares and helps to strengthen the residual limb for use of a prosthetic limb
- Allows re-education of your walking pattern, postural reactions and balance
- Decreases the time taken to adjust to walking with a new prosthetic limb

## When will I use the PPAM Aid?

A decision to start treatment with the PPAM Aid will be made between your consultant & physiotherapist following assessment of the wound

Use of the PPAM Aid can begin from as early as 1-2 weeks following your operation, but this is subject to each individual's healing time