

# Being active is important with a Lower limb amputation

What good things could being more active do for you?



Improved lower limb strength



Improves quality of life



Reduces back pain

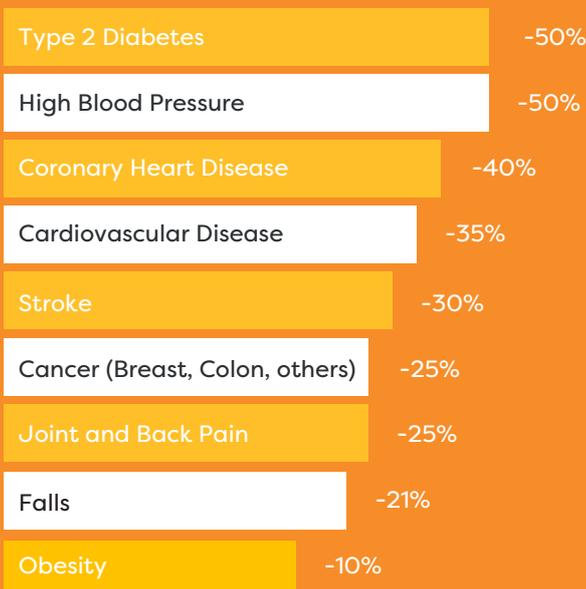


Reduces morbidity and mortality



Improves self esteem

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active improve my quality of life?



Greater independence

Improves fitness

Reduces risk of falls

Reduces back pain

Improves mood

Builds confidence

## Follow these Top Tips to keep you active:

- 1** Find an activity that you enjoy and make it fun
- 2** Start by setting yourself an achievable goal
- 3** Incorporate activity into your everyday life and routine
- 4** Regular physical activity has proven benefits to your physical and psychological wellbeing
- 5** If you're worried about becoming more active, contact your local prosthetic centre for advice and discuss your concerns with a healthcare professional
- 6** Remember to regularly check your residual limb to ensure there is no redness or skin breakdown and be aware of reduced sensation
- 7** It is normal for anyone who is not used to being physically active to experience some muscle soreness after doing a new activity. As your body gets used to the new activity this soreness will reduce
- 8** To progress your activity, increase the duration first, then the intensity
- 9** Extra sweating and changes in size of your residual limb are common when undertaking physical activity. Carry extra socks and contact your prosthetic centre for advice if it is causing you a problem.
- 10** Seek advice from LimbPower and the Limbless Association about activities you wish to do. Don't be put off by others saying you can't do it

## Build activity into everyday life:

