

What we offer



LimbPower is the only National Charity and Disability Sports Organisation for amputees and individuals with limb difference. Our role is to support health partners to increase participation for amputees and individuals with limb difference in movement, physical activity, and sport.

Our vision is changing lives through the power of movement, physical activity, sport, and the arts.

Our mission is to engage and energise amputees and individuals with limb difference to take part in regular and sustained movement, physical activity, sport, and the arts to improve physical, mental, and social wellbeing and quality of life.

Our aims are to increase engagement, foster sustained participation, and champion local inclusion for amputees and individuals with limb difference of all ages. We empower individuals to reach their potential by connecting them with leisure activities or sports tailored to their needs.

We provide expert guidance and support to amputees, individuals with limb differences, their families, and professionals such as physiotherapists, prosthetists, orthotists, occupational therapists, support workers, coaches, and other sport providers. Together, we can create an inclusive and adaptive sports environment where everyone can thrive!

Our services to limb centres and limb users include:

Physical Activity Advisers

LimbPower's Physical Activity Advisers work within limb centres, supported by the centre team, to discuss health, wellness, and physical activity with patients. This programme bridges hospital rehabilitation and community engagement, enhancing physical, social, and mental wellbeing through tailored exercise plans. It provides a structured approach to ongoing patient care, improving outcomes and fostering a supportive community. LimbPower currently has four advisers in hub areas and is recruiting three more. We are open to expanding the programme and invite interested limb centres to get in touch.

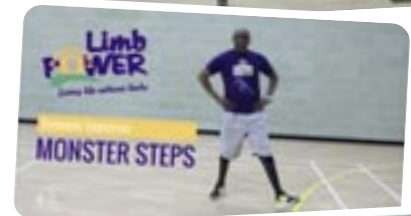
User group support visit

LimbPower's sports development officers can attend user group meetings to present the benefits of movement, physical activity and sport and how your patients can get started. We tailor a bespoke presentation to your community needs. We provide advice on the different activities that patients would like to try and we signpost to where they can access activity locally.

Cost – Free of charge

Access to LimbPower's validated exercise videos

LimbPower's exercise videos are aimed at developing patients' physical confidence and competence to improve their prosthetic mobility and trust by preparing them for exercise and a physically active lifestyle. These exercises have been designed to develop balance, strength, coordination, and agility. By developing these aspects of



fitness, amputees should become more active and less likely to fall. These exercises have been designed by an amputee physiotherapist so that they can be executed anywhere, at the limb centre, at home, in the park or at a gym.

YouTube Channel

<https://youtube.com/playlist?list=PLc0KkXGI2sEPCm9b6RI5hLSWtDp0Kjf4B&si=Eb2vzuQtCQcTCzfg>

Cost: Free of charge.

A donation would be welcome.

Note: when using these exercises make sure it is a safe space, and all tripping hazards have been cleared away.

What we offer

– Continued



reVAMP 12-week fitness and nutrition programme

reVAMP is a fully supported online programme, designed by amputee personal trainers and healthcare professionals. The programme offers adaptive fitness and nutritional support, boosting amputees' fitness, strength, balance, coordination, flexibility and confidence. Participants report improved mobility, mental health, and overall wellbeing, making it a transformative experience for amputees and individuals with limb difference. There are three programmes; an adapted seated programme, an adapted standing programme, and an adapted upper limb programme (LimbFit) all designed for patients with varying levels of amputations and limb differences. There are four progressive levels to support longer-term engagement and sustained mobility and fitness.



Cost: £65 per person for the three-month course.

Limb Centre activity session within our hub areas (Surrey, Manchester, Gloucestershire, and Nottinghamshire).

Using information from the physiotherapist or user group, LimbPower will coordinate a multisport session at the centre during opening times. This could be 90 minutes of activity run by specialist coaches with support from local partners. The activity is decided by you and coordinated by us.
Cost – Free of charge

Introduction into physical activity workshop

This four-hour workshop mixes theory and practice to introduce new amputees to physical activity and sport. Sessions cover accessing sport and physical activity, types of exercises, and activities your patients can participate in. There will be a session focused on agility, balance, and coordination, and a session on strength and conditioning. Activities can be planned into the workshop if required.
Cost – £450 to cover expenses.



The LimbPower Games (adult and Junior Games (children))

LimbPower provides you with an opportunity to send a team of patients with support from healthcare professionals to both the annual adult and junior LimbPower Games held at Stoke Mandeville Stadium, to Have-A-Go at Paralympic sports in a safe, friendly, informed environment.
Cost – A small registration fee for participants

Contact:

David Hayton Hill on 07502 276858
email: david@limbpower.com.

Support resources:

LimbPower has a monthly e-newsletter, bi-annual magazine, educational paper resources and video resources. Please get in touch if you would like to know more or visit our website or YouTube Channel.

