

# Rehabilitation Guide 2025/26



## Limb centre visit

# Making the most of your limb centre visit



**Your appointments at the limb centre are your best opportunity to shape your recovery and prosthetic experience. Learn how to prepare, engage, and get the most out of each visit.**

## Before you go – plan ahead

**Find out what type of service provider runs your centre**, is it in-house (NHS-only) or private/NHS partnership, current providers are Opcare, RSL Steeper, Blatchford and Ottobock.

**Who is on your care team?** This could include a Rehabilitation Consultant, a prosthetist, an OT, a physiotherapist and a counsellor (not all limb centres have a counsellor). Knowing who is going to be looking after you will help on your rehabilitation journey. Before you attend, write down any questions you have, what your rehabilitation goals are, including what activities you want to achieve and what is stopping you from achieving them. Prepare questions about your socket fit and comfort, types of suspension, discomfort and pain, your mobility objectives, your sporting aspirations, second or spare limbs, and residual limb (remaining part of your limb/s) hygiene.

## Top tips for during your appointments with the prosthetists

**a.) Wear easy comfortable clothing** (shorts/light tops) for easy access and dignity. Wear appropriate underwear, as your prosthetist may be of the opposite sex and the fitting may take place in a shared clinical room.

**b.) Clean your residual limb**, prosthetic limb and socket before attending the limb centre.

**c.) Once you are given a new socket, do not leave the limb centre without fully testing it in different positions and terrains:** walking on the flat, slopes and stairs, sitting on a chair and in a car seat. The socket may feel comfortable when



standing but may not be as comfortable when sitting. If you test this before you leave the limb centre adjustments can be made which reduces your waiting time for your new prosthetic.

**d.) This is not always easy, especially if you do not know the terminology.**

If you can, provide clear and specific feedback. Point to any areas of discomfort, tell your prosthetist when the socket hurts, feels too loose or too tight.

**e.) Be honest with your prosthetist about your priorities.** There is often a trade-off between comfort, function and appearance (cosmesis). We are all individuals. Be clear about your priority, is it appearance or function or comfort. We are all unique and will have contrasting priorities.

## Understanding troubles and solutions

**a.) If your prosthesis is too loose or tight:** add or remove the stump socks provided, talk to your clinicians about sock management.



**b.) Rubbing (chaffing), sores, spots, red marks or blisters?** Stop using your limb and call the limb centre.

**c.) Broken prosthetic.** If you hear squeaking parts, broken or worn straps, components are wet or rusting, seek technical support from your prosthetics team.

## Top Tip:

Remember your prosthetist knows prosthetics, but you know your body. A good partnership is key to a successful rehabilitation.



## After your appointment


**a.) Always follow the care plans** you have been given, especially maintenance and hygiene to prevent injury.

**b.) Keep a diary** and record your daily fit, mobility and function experiences. Keep a note of progress and any issues. When you have a bad day or a setback you can look back at how far you have come!

**c.) Remember to book follow-up appointments or an annual review** and ask for additional support from the physiotherapist or OT, if you need it.

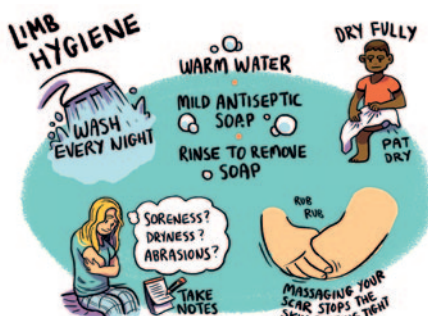
## Hygiene

# Taking care of your residual limb – daily hygiene made simple

 Clean, healthy skin is more than just a comfort, it is the foundation of successful prosthetic use. From preventing infections to ensuring a secure fit, good hygiene is essential for every amputee. Fortunately, keeping your residual limb in top condition doesn't have to be complicated. With a consistent daily routine and a few practical tools, you can stay one step ahead of common issues like irritation, sweat build-up, and skin breakdown. Here's a closer look at some key hygiene habits to build into your daily life.

### Gentle daily cleaning

Your day should begin and end with washing your residual limb using warm water and a mild, fragrance-free soap. This removes sweat and bacteria and helps prevent odour and infection. If you are prone to sweating, consider using a patch-tested antibacterial wash such as Hibiscrub, or an antiperspirant like Mitchum or Dri-Clor. Remember to do a patch test on a small area first to avoid irritation.



### Drying & skin checks

After washing, dry your residual limb thoroughly using a soft towel or a microfibre towel. To ensure your residual limb is dry you can use a hairdryer on a cool or low setting, especially effective for single arm amputees, for reaching skin folds or difficult areas. This is also the ideal time to check your skin closely for any changes in the colour or feel of the skin. Look out for redness, blisters, hard spots, swelling, or any discharge. These can be early signs of pressure points, infection, or poor fit and should be reported to your limb centre or GP. As you become an established amputee you will learn when to self-manage and when to contact the limb centre.

### Managing moisture & sweat

Moisture can be a daily battle, particularly in warmer weather or if you are active. Some tips to keep things dry:

Regularly check and wipe your residual limb and socket.

If you are a below the knee amputee, try using a sweat headband around the top of the liner but keep an eye on your circulation.

Be sure to change socks and liners regularly, not just for hygiene, but to adjust for sweating and volume changes in your limb/s throughout the day.

### Sock & liner maintenance

Start every day with a fresh stump sock and do not hesitate to change it more frequently in hot weather or after physical activity. If you have been prescribed compression socks (like Juzo socks), make sure to wear them as directed to control swelling and maintain limb shape. Always check your liners for wear, cracks, or a loss of grip, and replace them as needed to ensure proper suspension and comfort.

### Before & after exercise

Whether you are heading out for a walk or gearing up for a workout, take a few moments to:

- Clean and dry inside your prostheses, liners and limb/s,
  - Check suspension and fit, and
  - Secure your prosthesis/es properly.
- After exercising, cool down, rehydrate, and give your limb/s another clean.

A sweaty limb/s can shift inside the socket/s, so if the socket starts feeling loose, adjust your liner or socks.

### Know the warning signs

Your body will often tell you when something is not right. If you notice persistent redness, swelling, pain, or an unusual smell, take your prosthesis off and

seek medical advice before resuming use. Keeping a blister kit or some unperfumed moisturiser on hand can help with minor flare-ups, but repeated issues should always be reviewed by your prosthetist.

### Healthy skin = Confident movement

Taking time to care for your skin each day is not just about preventing problems – it is about protecting your independence,



comfort, and confidence. When your skin is healthy, your prostheses, liners and limbs are more comfortable, your movement and gait (for lower limb amputees) improves, and your daily life becomes smoother and less painful.

Explore more tips and download our Residual Limb Hygiene Guide here:  
[www.limbpower.com/resources/childrens-resources/childrens-top-tips-limb-care-and-hygiene](http://www.limbpower.com/resources/childrens-resources/childrens-top-tips-limb-care-and-hygiene)



## Your next chapter

# Getting moving again – life after the limb centre



Leaving the limb centre is a major step forward. It means your rehabilitation team believes you are ready to take more control of your rehab journey. But it doesn't mean you are on your own. This article walks you through what to expect, what to do, and how to keep progressing – whether you are a lower limb or upper limb amputee.

## Understand your discharge plan

Before leaving the limb centre, your rehab team should give you a clear discharge plan. This typically includes:

- Your prosthetic wear schedule (e.g. 30 minutes on, rest time, increase gradually)
- Stump care and hygiene instructions
- Home exercise guidance (you may receive an exercise booklet or video links)
- Appointment details for physiotherapy, prosthetics, or G.P. visits
- Contacts for raising any concerns with socket fit, pain, skin irritation, or limb control

For upper limb amputees, your plan may also include activities to build coordination and function with your prosthetic hand or arm, as well as practice for tasks like grasping, holding cutlery, or using a touch screen.

### Top Tip:

Ask for everything in writing and keep a simple diary or use an app to track your routine, limb usage, pain levels, and small achievements.

## Set up for success at home

An occupational therapist (OT) will usually assess your home environment before discharge to ensure it is safe and manageable.

- Clear clutter, secure loose rugs, and rearrange furniture to make space.
- Install grab rails, lever taps, or adapted handles if needed.
- Keep essential items between waist and shoulder height – this helps both lower and upper limb amputees avoid awkward or risky movements.

### Upper limb-specific tips:

- Explore adaptive equipment like non-slip mats, one-handed chopping boards, or cutlery with angled handles.
- Reorganise your kitchen and bathroom so commonly used items do not require twisting or complex grip.
- Practise using both your prosthesis and your sound hand to find what works for you.

### Top Tip:

A shower stool and a hand-held shower hose make hygiene safer and easier for everyone as water increases slip risk.

## Continue your exercises

Consistency is your best ally. Continue the exercises you were given at the limb centre to maintain strength, flexibility, and limb control.

- **Residual limb and joint mobility:** Keep all your joints moving fully, especially those on the amputated limb.
- **Strength training:** Focus on core stability, your remaining limb, and your balance.
- **Functional movement:**
  - Lower limb amputees: Try short, supported walks at home and gradually build up.
  - Upper limb amputees: Work on reaching, lifting, rotating, and using your prosthesis in everyday tasks.

## Rebuilding routine & confidence

Start small. Simple tasks like brushing your teeth while standing or making a sandwich one-handed can be huge milestones.

- Set realistic daily goals:
  - "Today I'll carry my plate to the sink with my prosthetic arm."

- "I'll walk to the end of the garden without stopping."
- Celebrate the small wins—they build momentum and motivation.
  - "I just wanted to make a cup of tea standing at the counter – that was my first 'win' after going home."*
  - LimbPower community member, upper limb amputee

## Your journey does not end when you leave the limb centre

Your journey does not end when you walk out of the limb centre.

- Know how to contact your prosthetist as directly as possible, if your socket fit changes, or your prosthesis becomes uncomfortable or unresponsive.
- Stay involved with outpatient physiotherapy or occupational therapy to continue your progress.
- Ask about community rehab, sports opportunities, and peer support groups in your area.
- Upper limb amputees: If you struggle with fine motor tasks or functional use, request a referral to an upper limb specialist OT or a myoelectric technician.

**Not sure who to call? Contact LimbPower and we will help connect you with the right service.**

## Joining the wider community

You are not alone. There is a thriving, inclusive community of amputees rebuilding their strength and confidence – just like you. LimbPower offers:

- Online peer support for adults and young people with upper or lower limb difference
- Virtual and local exercise programmes
- Fitness and movement video resources
- Adaptive sport introductions and "try-it" events
- Access to mentors with lived experience

*"Talking to someone who used a similar prosthetic arm made a huge difference – it gave me hope and real-life tips I couldn't get from a manual."* – LimbPower participant

Getting moving again takes time, but every attempt counts. Whether you are relearning how to carry a bag or rebuilding your gait, you are making progress. Leaving the limb centre is not the end – it is the beginning of your next chapter. With the right tools, expert guidance, and community support, you can reclaim your independence, rebuild strength, and enjoy movement again, on your terms.



## Life adjustments

# Living with prostheses: What to expect and how to adjust



**Getting your first prosthesis/es is an exciting milestone, but it is also just the beginning of a new journey. From the first fitting to finding your rhythm in everyday life, living with a prosthesis/es takes patience, practice, and a willingness to adapt.**

When you are newly fitted, you will usually start with a temporary or trial socket before moving on to a definitive socket. This is because your residual limb naturally changes shape as it heals and strengthens. Early wear times are kept short, sometimes just half an hour before gradually building up. It may feel strange at first, but this trial-and-error stage is completely normal, and your rehabilitation team will be there to support you. Your prosthetist will show you how to “don” put on and ‘doff’ take of your prosthesis/es and how to adjust liners and prosthetic socks for greater socket comfort.



## Managing socket comfort

Comfort is the foundation of success. A socket that is too tight can cause pressure or tingling, while one that is too loose may rub or feel unstable. Small adjustments, like adding or removing prosthetic socks of different thicknesses, often make a big difference in these early stages. If you notice persistent redness, pain, or skin breakdown, it is important to stop wearing the prosthesis/es and speak with your clinical team.

### Top Tip:

Start with a short wear time (e.g. 30-60 minutes), gradually increasing as advised.

## Building daily routines

Building daily routines helps you gain trust and confidence in your prosthesis/es. Many people start and end their day by checking their residual limb (remaining part of the amputated limb) for any pressure marks or irritation, while also keeping their skin, liners, and socket clean. Washing socks and liners regularly helps avoid problems and should become part of your everyday self-care. Think of these habits as setting the foundations for long-term comfort.



Learning to move naturally is another part of the adjustment. Even if you have used a prostheses before, a physiotherapist or OT can help you to use the full function of your new limb, improve posture and balance, and develop a smooth movement pattern. This not only boosts confidence but also protects your sound limb and back from overuse. For those keen to stay active, specialist prosthetic feet, sports blades, and adaptive limbs can open the door to everything from running to cycling to kayaking.

Of course, rehabilitation is not just physical. Many new users say the emotional side is just as challenging. Feelings of frustration, self-consciousness, or uncertainty about your identity are completely normal. You are not alone in this.



Peer support groups, such as those offered through LimbPower, can connect you with people who truly understand. Talking with a counsellor or mental health professional can also provide valuable space to process your journey.

### Top Tip:

Clean your prosthesis/es regularly with a damp cloth and mild soap. Avoid submerging in water unless advised by your prosthetist.

Living with a prosthesis is not about having it all figured out at once. It is about small steps forward, celebrating your progress, learning from your setbacks, and gradually building confidence. Prostheses will need adjusting or replacing over time, but each stage is another chapter in your journey.

With the right support, mindset, and perseverance, your prosthesis can become much more than a piece of equipment. It can be a tool for independence, a way to rediscover what you love doing, and a reminder that life with limb difference is not about limits, but about possibilities.

## Make connections

# You are not alone: Rebuilding confidence and connecting with others



**Living with limb loss or limb difference is not only about physical recovery. It is about rebuilding your life. Your confidence, identity, and connection with others. Motivation, mental well-being, and community are just as important as learning to use a prosthesis/es. This article explores how to support your emotional health and feel part of a wider community that understands exactly what you are going through.**



## It is OK not to feel OK

Having an amputation is a life-changing event and it is natural to feel a wide range of emotions. You may grieve for your limb or the routines you have lost. You might feel anger, anxiety, or fear about the future. Some people struggle with confidence or even a loss of identity. These feelings are not weakness – they are a sign that you have been through something big. What matters most is how you respond and where you find support.

One LimbPower community member recalled: *“There were days I didn’t want to get out of bed. But hearing from someone who’d been through it helped me believe I could get through it too.”*

## Being born with limb difference/s also comes with challenges

For our community members who were born with a limb difference/s the journey looks different, but the challenges are just as real. Growing up with visible difference can bring moments of feeling left out,

misunderstood, or judged. School, friendships, and even everyday tasks sometimes come with added hurdles. Some community members describe how these experiences helped shaped their resilience and determination from an early age. Having the right support, whether this is from family, peers, or the wider community can make a huge difference in building confidence and embracing life with pride in who you are.

## The power of peer support

One of the most reassuring steps you can take is to talk to someone who truly understands. Peer mentors, people who have experienced limb difference themselves, can share their stories of rehabilitation, setbacks, and triumphs. They know the challenges, but they also know the hope and the victories. Support is available in many forms. Some people prefer face-to-face chats through local amputee groups or hospital sessions. Others feel more comfortable in online communities, group calls, or private forums. There is no right way to connect, the important thing is finding what feels supportive for you.



## Rebuilding your confidence

Confidence rarely comes back in one big leap. It grows in small steps: the first time you walk in the garden unaided, the first time you join an activity, or the first time you realise something that once felt impossible now feels natural.

Keeping a journal or taking photos can help you see progress you might otherwise miss. And remember, be kind to yourself. Talk to yourself the way you would to a friend—encouraging, patient, and proud of even the smallest steps forward.

## Finding community

Isolation can make recovery harder. Being part of a community gives you energy, purpose, and a sense of belonging. That might mean joining an online hub, taking part in fitness sessions, or attending an event like the LimbPower Games. For some, it is about volunteering, fundraising, or sharing their story.

## Looking after your mental health

Peer support is powerful, but sometimes you may need more. If you find yourself struggling with persistent low mood, anxiety, flashbacks, or withdrawing from things you usually enjoy, it is a sign to reach out for professional help.

Your GP or limb centre can connect you with counselling or talking therapies. Organisations like Mind, CALM, or specialist trauma and grief services can also provide support. Just as physical rehabilitation takes care and time, so does mental health recovery and you deserve support with both. You are more than your limb difference. You are a whole person, with strengths, struggles, and stories that matter. Whether you are just beginning rehabilitation or have been living with limb difference for many years, your emotional wellbeing and your sense of connection are vital for a healthy and happy life.

## Quick Links

- Join LimbPower's Peer Support Network
- Access Online Resources
- Find an Event or Workshop Near You
- Mental Health Support (Mind)
- Contact LimbPower to join our regional groups

**NOTE:** Many clinics won't allow you to take your limb home immediately for safety reasons – ask your clinician what benchmarks you need to meet to bring your prosthesis home.




# LimbPower staying active

Keep moving

## Staying fit, active & independent

### Movement is power: Staying active after limb loss

 **Movement looks different for everyone, especially after limb loss or when living with a limb difference. Staying active is not just about sport or fitness, it is about energy, independence, performing activities of daily living, mental well-being, socket fit management, socialising / being part of a community and quality of life. Whether you are walking to the shop, dancing in the kitchen, or training for a challenge, this article will help you build confidence and find movement that feels right for you.**

#### Why staying active matters

Regular movement plays an important role in daily life after limb loss or when living with a limb difference. It helps build strength and endurance for everyday tasks, improves balance and posture while increasing prosthetic confidence, and provides a natural boost for mental health by reducing stress. Staying active also helps prevent secondary issues such as back or joint pain, while supporting independence and giving you a greater sense of control in your day-to-day life.

#### Top Tip:

Even a little movement each day makes a big difference—especially if you are feeling low or stiff.

#### Start where you are

Everyone's starting point is different, and the key is to begin with what feels safe, realistic, and enjoyable for you right now. Focus on what your body can do today rather than what it used to do and build gradually from there. Movement might look like chair-based exercises at home, standing balance practice at the kitchen counter, gentle stretching or seated yoga, light resistance band work, or simply walking short distances with or without aids. For those who feel fitter or more advanced, this could mean trying circuit-style workouts, cycling, swimming, or even setting a personal fitness challenge. By acknowledging your starting point and

#### Top Tip:

Track your progress by time or effort, not just distance or speed. A 5-minute walk can be a win!



taking the next step you create a foundation for progress that feels both achievable and sustainable.

#### Finding the right activity for you

LimbPower offers guidance to help you match your activity to your limb type, goals, and confidence. The most important step is to choose movement that feels meaningful to you – whether that is music and dance, the freedom of being outdoors in nature, or activities that support your rehabilitation such as gait training, strength, and balance work. Options are wide-ranging: you might enjoy Nordic Walking (with or without poles), swimming or hydrotherapy to reduce weight-bearing, cycling with or without



adaptive bikes, or joining online classes in yoga, tai chi, fitness, or resistance workouts. For those looking for something more adventurous, adapted sports such as wheelchair basketball, para-athletics, climbing, or dance can provide both challenge and community. By exploring different activities, you can find ways to stay active that support your well-being, mobility, and independence.

Visit the sport section of the LimbPower website [www.limbpower.com/sport](http://www.limbpower.com/sport) for guidance.

#### Free and subsidised programmes

Taking action is the most important step when it comes to movement. It is easy to feel unsure where to start but choosing even one activity you enjoy can make a real difference to your energy, confidence, and independence. The key is not waiting for the perfect time or circumstance—progress begins with the small steps you take today. LimbPower offers guidance to match your activity to your limb type, goals, and confidence. Think about:

**What makes you feel good?**

Music, movement, nature?

**What is your goal?**

Energy? Fun? Mobility?

**What helps your rehab?**

Gait training? Strength? Balance?

#### Top Tip:

Check the LimbPower events page and join your local LimbPower WhatsApp community to stay in the loop.

**LimbPower runs regular opportunities that are free or low cost:**

- 12-week canoe programme
- Nordic Walking groups in Billericay, Roehampton & Nottingham
- Daily online fitness classes
- reVAMP 12-week fitness and nutrition programme
- Superhero Series adaptive triathlon

## Top Tip:

Sports limbs are a great tool, but you don't need one to start getting active

- Kids' and adult ICan camps
- Fundamental Skills Workshops
- Gym classes in Bristol, Manchester and Nottingham
- Cycling, including adaptive bikes
- Online classes: yoga, tai chi, fitness, resistance workouts
- Adapted sport events, wheelchair basketball, para-athletics, climbing, dance



## Support to get started

You do not have to do it alone. Support is out there, whether it is through your limb centre physiotherapist or G.P., who can refer you to community rehab or social prescribing, or by joining a local inclusive gym or adaptive fitness class. Many people also find it helpful to connect with a trained instructor who understands limb difference and can adapt exercises to suit their needs. And if you are near one of LimbPower's hubs, such as Bristol, Manchester, Nottingham or Surrey, you can speak directly with a Physical Activity Advisor for tailored guidance. Alternatively you can speak with our Physical Activity Officer or Sports Development Officers. With the right support around you, staying active becomes more enjoyable, sustainable, and empowering.

*"I hadn't exercised since my surgery, but*

## Top Tip:

Simple exercises using your stairs, walls, sofa or kitchen counter can keep you mobile and safe—ask for LimbPower's home workout guides.

You do not have to run marathons to be active. You just need to move in a way that suits your body, your mind, and your goals. With the right support, movement can help you feel stronger, more confident, and more in control – because movement really is power.

*joining the Nordic Walking group helped me feel like myself again."* – LimbPower participant

## Staying independent at home

Staying active is not just about fitness – it is about making daily life easier. Regular movement supports activities of daily living, from transfers like getting in and out of bed or the bath, to household tasks such as cooking, reaching cupboards, or standing safely. It also reduces the risk of falls by improving balance and builds the confidence to move freely at home and out in the community, now and in the long term as you grow older.


LimbPower is here to help. Through free online exercise videos, local hubs in Bristol, Manchester, Nottingham, Surrey and Billericay, and tailored advice from Physical Activity Advisors, we provide the tools and support to keep you active. By connecting you with adaptive classes, inclusive gyms, and practical resources, LimbPower makes it easier to stay independent and in control of your everyday life.

## Top Tip:

Stay active safely—challenge yourself, but avoid injury by warming up, stretching, cooling down, and checking your limb after exercise. Listen to your body to find your balance.



# Free Online Exercise Videos – Anytime, Anywhere!

 **Looking to stay active in ways that are accessible, fun, and empowering? LimbPower offers a fantastic series of free online exercise videos, tailored especially for amputees and individuals with limb difference. Whether you are looking to boost strength, balance, mobility – or just have fun – there is something for every level.**

Here are a few highlights you can explore:

## Adult amputee exercise videos

– A dedicated playlist packed with routines designed to improve core fitness and wellbeing for amputees.

### Wobble seated dance class with Liv

– Enjoy a lively, seated dance workout set to music, perfect for movement in any space. "Liv has thoughtfully crafted three versions" so you can choose what suits you.

### Strength B Levels 0–3 (Gentle Beginners)

– A gentle starter session focused on building foundational strength in a supportive way.

### Agility 1 – Adult amputee workout series

– Work on coordination and agility with this engaging track in the UR:Enabled workout lineup.

### Children's adaptive fitness fun with Jack Eysers

– Enjoy upbeat, fun workouts focused on agility, balance, coordination, and cardio. These sessions are designed specifically for young people with limb difference and are led by elite athlete and LimbPower Ambassador Jack Eysers.

Exercise supports both physical and mental wellbeing and with LimbPower, you are never on your own.

Visit the LimbPower YouTube channel <https://www.youtube.com/@LimbPower> today to access these great workouts and subscribe for all their latest releases!



# LimbPower resources

## Next steps

## Helpful resources: Your next steps for recovery and beyond



**Recovery does not end when you leave the Limb Centre, or even when you start walking again or using your upper limb prosthetic for daily tasks. To stay on track and feel confident in your journey, it helps to have the right resources at your fingertips.**

### Where to Find Support

If you are newly adjusting to life with limb loss or limb difference, remember you do not have to do it alone. Here are some trusted places to turn to for support, advice, and community:

### Your Limb Centre & Rehabilitation Team

Your first point of contact for prosthetic care, socket adjustments, physiotherapy, and occupational therapy. They can also signpost you to local support groups.

### LimbPower

We are a national charity supporting amputees and people with limb differences to lead active, healthy lives. From online communities and social hubs to sports, fitness, and events like the LimbPower Games.

[www.limbpower.com](http://www.limbpower.com)  
[info@limbpower.com](mailto:info@limbpower.com)

### Peer Support Networks

Connect with others who have walked the same path. Ask your limb centre about the hospital-run support groups or join online spaces such as LimbPower's Community Groups and Social Hubs.

### Emotional & Mental Health Support

**Mind** – Nationwide charity for mental health support, advice, and local services.  
[www.mind.org.uk](http://www.mind.org.uk)

**CALM (Campaign Against Living Miserably)** – Support for anyone feeling overwhelmed or in crisis.  
Helpline: 0800 58 58 58

### Samaritans

Free, confidential support, 24/7.  
Call 116 123



### Your G.P.

Never hesitate to speak with your G.P. about pain management, emotional well-being, or a referral to counselling and therapy. They can work with your rehabilitation team to make sure you have the right support in place.

### Equipment

Get in touch with the LimbPower team for details on equipment providers where you can access items for free, buy, or hire.

### Rehabilitation and Lifestyle Resources You Can Download for FREE

Available on LimbPower's Resource Page  
[www.limbpower.com/resources](http://www.limbpower.com/resources)

**Upper Limb**  
**Making the Most of Your Limb Centre Visit**  
<https://tinyurl.com/mwn8ecst>

**Socket Comfort**  
<https://tinyurl.com/2th2d3zv>

**Physical Activity Matrices**  
(by limb type and mobility level)  
<https://tinyurl.com/2wwdbp56>



**Lower Limb**  
**Making the Most of Your Limb Centre Visit**  
<https://tinyurl.com/3f3p5v8a>

**Socket Comfort**  
<https://tinyurl.com/2th2d3zv>

**Physical Activity Matrices**  
(by limb type and mobility level)  
<https://tinyurl.com/ynn874x8>

### General

**Amputee Travel Toolkit**  
<https://tinyurl.com/2ktw3e45>

**Summer Guide**  
<https://tinyurl.com/2s3v7rz6>

**Winter Guide**  
<https://tinyurl.com/35nshe7d>

You have more tools at your fingertips than you might realise. Whether you are tracking your progress, connecting with your community, or simply ticking off your morning routine, these resources are here to support you on your rehabilitation journey. Recovery is not a straight line. But with the right support, the right tools, and belief in yourself, you will keep moving forward, your way.