

LimbPower Guide – Physical Activity, Sports and Prostheses

Prosthetic prescription options for activities and sport for above and below knee amputees



There is a common misconception that you need a bespoke state of the art prosthesis to take part in activities and sport. This is not true, there are many activities that you can take part in with or without a prosthesis on. Some activities may require prosthetic adaptations/adjustments, which could

be available to you at your limb centre. There are exceptions where you may require a high activity specialist prosthesis, such as a running blade. It is unlikely you will be given a bespoke sporting prosthesis from your limb centre but it is worth asking your prosthetist what is available for the

activities you want to take part in. This guide is designed to help you understand what you can do with your current prescription and identify what prostheses might help you to take part in your chosen sport. Your limb centre will be able to advise you what is included in their prescription service.

Physical activity and sport prostheses for below knee amputees

Type of prostheses available under the current prescription	Track Athletics	Field Athletics	Swimming	Cycling	Wheelchair Basketball	Tennis	Badminton	Cricket	Volleyball	Football	Equestrian	Golf	Gymnastics	Canoeing/Rowing	Sailing	Skating	Shooting	Squash	Rugby Union	Walking Football	Walking Cricket	Archery
Non limb wearer	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lower activity	1	1	0	2	0	2	2	4	2	4	2	2	2	3	3	2	2	2	4	2	2	2
Medium activity	5	2	0	2	0	5	5	6	5	6	6	2	6	3	3	11	2	5	6	2	2	2
High activity	8	2 or 5	0 or 28	20	0	5	5	6	5	6	6	11	6	3	3	11	2	5	6	1	1	2
Competitive/Specialist (unlikely to be available through the NHS)	8	14	0 or 28	23	27	15	15	16	15	16	6	15	22	3	3	12	1	15	16	2	2	2

Physical activity and sport prostheses for above knee amputees

Type of prostheses available under the current prescription	Track Athletics	Field Athletics	Water activity Swimming	Cycling	Wheelchair Basketball	Tennis	Badminton	Cricket	Volleyball	Football	Equestrian	Golf	Gymnastics	Canoeing/Rowing	Sailing	Skating	Shooting	Squash	Rugby Union	Walking Football	Walking Cricket	Archery
Non limb wearer	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lower activity	1	1	0 or 3	1	0	7 or 9	7 or 9	4	7 or 9	4	4	7	4	3	3	13	7	7 or 9	N/A	7 or 9	7 or 9	1
Medium activity	9	5	0 or 3	10	0	7 or 9	7 or 9	4	7 or 9	4	4	14	4	3	3	13	7 or 9	5	N/A	7 or 9	7 or 9	7 or 9
High activity	17	17	0 or 28	21	0	5	5	5	6	6	6	14	6	3	3	13	7 or 9	5	N/A	7 or 9	7 or 9	7 or 9
Competitive/Specialist (unlikely to be available through the NHS)	26	25	0 or 28	24	27	27	18	19	18	0	6	29	0 or 6	3	3	12	7 or 9	19	N/A	7 or 9	7 or 9	7 or 9

- No prosthesis required for activity/prosthesis too restrictive/not allowed at competition level
 - Standard prosthesis with no modifications
 - Standard prosthesis, some modifications such as torsion absorbers are available
 - Standard prosthesis, with waterproof cover (check if parts are submersible)
 - Standard prosthesis with cosmesis/foam
 - Standard prosthesis, with some shock absorbing properties and a quality sports shoe
 - Standard prosthesis with some shock absorbing properties, a cosmetic/foam cover and a quality sports shoe
 - Standard prosthesis, lockable knee, rigid ankle
 - Prosthesis with blade and excellent shock absorbing properties and a quality sports shoe
 - Standard prosthesis, with locked or hydraulic knee, some energy storing properties
 - Standard prosthesis socket, non-energy storing foot; disengaged hydraulic knee/cycling mode
 - Standard prosthesis, multi-axial foot
 - Specialist ski-prosthesis
 - Mono Ski (without prosthesis) sit-ski
 - Specialist socket with torsion absorbers and a lockable knee
 - Specialist socket with both shock and torsion
 - Specialist socket with both shock and torsion and a cosmesis/foam
 - Reinforced prosthesis, hydraulic knee or no knee, energy storing foot
 - Reinforced socket, hydraulic knee or locked knee and energy storing blade with sole plate
 - Reinforced socket, hydraulic knee or locked knee and energy storing blade with sole plate and cosmesis/foam
 - Reinforced socket lowered appropriately, non-energy storing foot
 - Reinforced socket lowered appropriately, disengaged hydraulic knee, non-energy storing foot
 - Reinforced socket lowered appropriately, disengaged hydraulic knee, non-energy storing foot with cosmesis/foam
 - Carbon socket with bespoke all in one design or bespoke ankle/foot
 - Reinforced socket lowered appropriately with specialised cycling knee
 - Reinforced socket, energy storing blade, multi-link knee
 - Carbon socket, energy storing blade; hydraulic knee with dampener or no knee
 - No prosthesis; specialist wheelchair
 - Plastic rubber flipper
 - Specialist knee with stance control
- For sitting volleyball, no prosthesis is required. A liner can be worn to protect the residual limb

This Matrix is a work in progress and will be continually updated as we hear from prosthetists and rehabilitation consultants on what is included in their prescription service.

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LimbPower exists to engage amputees and individuals with limb impairments in regular and sustained participation in physical activity, sport and the arts to improve quality of life and to aid physical, social and psychological rehabilitation. To find out more about how we can help you, visit our website. LimbPower is a Limited Company No. 09513024 Charity No 1132829

