

PRACTICAL TIPS FOR SPORT AND VIGOROUS ACTIVITY

If you are working hard, either taking part in sport, an active leisure activity or kicking a ball around with the kids, it is essential to take extra care to avoid your stump getting sore.

- Make sure you have adequate suspension of your prosthesis. You may need an extra belt or knee sleeve to stop the socket from rubbing or just to give you confidence that your leg won't fall off!
- If you work out really hard your stump can shrink, even if it has been stable for years. Take plenty of spare socks in your kit bag, to add them if you need to during the session or game. If you do shrink, your stump can then react by swelling up once you take your prosthesis off, so take a compression sock (Juzo) to put on after you shower prior to putting your leg back on.
- Save your newest and best socks for sport. Think of the pounding your stump will get on the court, pitch or track. The skin needs all the protection it can get.
- If you get really sweaty have enough socks to change into fresh dry ones at any stage. If you sweat and shrink be prepared to add socks during your game or session. Remove and wipe out any liners if necessary.
- Still sweaty? There are various preparations you can use to reduce the sweating. The scent in any product can set off a skin reaction so avoid anything perfumed. 'Dri-Clor', 'Anhydrous Forte' and 'Mitchum anti-perspirant' contain aluminium chloride, which actually stops the skin sweating; they work well but must be used with caution. You can get them in your high street chemists, not cheap but they do the trick. Using Hibiscrub as a skin wash may reduce sweating as well as keeping the skin clean and avoiding infection. It is available from chemists or ask your GP. Patch test all of these first to make sure they do not cause a skin reaction. These are particularly useful if you use a silicone liner. Ask your prosthetist for advice.
- Take a blister kit, also available from your chemist, just in case. If you get a sore/blister repeatedly in the same place, go and see your prosthetist. A slight adjustment may make all the difference.
- Be prepared to fall over. You might not ever fall but fear of falling could stop you achieving your best. If you can; try and land on your forearm, not your outstretched hand and then roll to the side.
- Warm up properly. A proper warm up and stretch will prevent injuries.

- You need to stretch your trunk side flexors especially, whether you have an upper limb or lower limb amputation. Stand with your feet apart, raise your arm on the amputated side over your head, put your other hand on your hip and lean over to the non-amputated side. Your physio will show you this and other stretches.
- Always stretch after a hard day or strenuous exercise to lengthen your muscles and realign your posture to prevent long term damage and problems.
- Contact your physio or prosthetist if you have any problems.