

THE
LONDON PROSTHETIC
CENTRE

Newsletter



A message from the LPC team,

Welcome to the first newsletter for 2017.

It is the first one of the year and we are excited to share our stories and upcoming events to help motivate and inspire you to start something new and exciting this year!

With some great things in the pipeline for 2017, we are looking forward to sharing all the latest news and stories with you. With so much going on at the LPC you can keep updated with everything by following us on Facebook and Twitter.

Your feedback matters:

- What do you think of our latest issue?
- What stories or content would you like to see covered in the next issues?
- Let us know by sending an email to: lpcnews@thelondonprosthetics.com

In this issue...

Michael Lewis – no boundaries

We share Michael's story on how losing a limb has made him choose to live a life full of adventure and it seems nothing will phase this adrenaline junkie!

Michael with his personal trainer Martin Lewis Stevenson. <https://www.facebook.com/martinbstevenson?fref=nf>



Get fit, get active.

This year it is time to set yourself a new goal! With the many events taking place it could not be easier. Take a look at some of our top picks!



Osseointegration technology: the latest developments

Fieldfisher hosted a dynamic conference on the technology of Osseointegration. Abdo met with some outstanding surgeons, such as Dr Aschoff, specialist Osseointegration surgeon from Germany.

Meningitis Research Foundation - February 2017



Image courtesy of Meningitis Research Foundation

The Meningitis Research Foundation is highlighting the importance of spotting the signs early with its Pushing the Boundaries conference.

Michael Lewis on getting his life back after limb loss



Michael back on his bike



Michael and Abdo

In 2008, Corporal Michael Lewis was injured whilst serving in Afghanistan. With only 6 weeks left on his second tour before he returned home. Michael was engaged by enemy forces and during an intense fire-fight was hit by an explosion. He was left with blast wounds which nearly severed his left arm, shrapnel wounds to his left knee and blast wounds to his right leg which led to a below knee amputation. The injuries led to him being medically discharged from the army and life as Michael knew it was changed forever, consequently his dream of serving in the British Armed Forces was over.

Determined not to allow his amputation dictate his life, Michael started to set himself new goals. By 2015, after completing the British Touring Car Championship with the 'Support our Paras' team as a mechanic, he was determined to take part in future racing as a competitor. Michael joined forces with Kartforce, a unique team of endurance racing, where he competed in a variety of races from two to twenty four hours. Although he was thrilled with his new accomplishments, Michael felt his movements were inhibited with his prosthesis and decided to research further into prosthetic feet designed for more active users, where he discovered The London Prosthetic Centre. Michael met with Abdo and after his initial consultation, Abdo designed a gym and motocross prosthesis fitted with a BioDapt Versa foot specifically built to offer customisable performance for sporting application. In no time at all, Michael was back on his bike performing better than ever.

To read Michael's story, visit www.thelondonprosthetics.com.

Osseointegration Technology Conference with Fieldfisher

Fieldfisher Personal Injury and Medical Negligence teams hosted a day conference on Osseointegration technology. A significant day that led to meeting some of the world's



Abdo and Professor Munjed Al Muderis Osseointegration surgeon in Australia

leading surgeons from Germany, Netherlands and Australia who shared their own unique approaches and techniques on Osseointegration.

Abdo was invited as a guest speaker to present his insight and experience on upper limb and digit Osseointegration.



Abdo with Dr Horst Aschoff and Professor Munjed Al Muderis

Read Abdo's full article on LinkedIn, <https://www.linkedin.com/pulse/osseo-osseocutaneous-integration-abdo-haidar>



Dr Henk van de Meent - Amputee Osseointegration Foundation Europe Netherlands.



Dr Noel Fitzpatrick "Supervet" and Abdo

A surprise ending to the conference when "Supervet" Noel Fitzpatrick presented his experience with Osseointegration on animals and how a collaboration together could further enhance the research of Osseointegration.

The LPC would like to thank Mark Bowman and Jennifer Buchanan for organising this prestigious event and are delighted to have participated in the day's activities.

What is Osseointegration?

The origins of Osseointegration go back to the early 1950s when the Swedish professor, Per-Ingvar Brånemark discovered and named this technique Osseointegration. He began his first successful human experiments in the 1960s but it was only taken seriously in the 1980s where more and more surgeons started to adopt this technique due to its success rate.

This technique is predominantly used for amputees who encounter constant problems with their socket and are left with no alternatives other than a wheelchair,

For more information on upper limb and digit Osseointegration, contact us at ipcnews@thelondonprosthetics.com or call us on 0208 789 6565 and we will be delighted to send you further information.

The Meningitis Research Foundation – Pushing The Boundaries!

The Meningitis Research Foundation hosted their fourth Pushing the Boundaries, Life after Limb Loss day in February and LPC were there to help answer questions on living with prosthetics and the various treatments available.

The day was an educational day for families and a fun day out for children and young adults who have survived septicaemia but still face rehabilitation complications that other amputees are not affected by, including abnormal bone growth and scarring.

LPC were one of the proud sponsors of the event and were just amazed at the resilience of the children and young adults carrying out the daily activities.

The program included talks dedicated to topics such as the after effects of bacterial meningitis, prosthetics and body image, the future of prosthetics and personal experience from some young adults who have survived meningitis or septicaemia such as MRF ambassador Charlotte Hannibal. Pushing the Boundaries is helping more and more families gain further knowledge on rehabilitation and letting them know that they are not alone.



One of the highlights of the day was the panel that Abdo joined with other experts to answer questions from the families on amputation, prosthetics and body image.

The day's results were a success and the families' feedback concluded the overall day's experience.

- 94.44% agreed or strongly agreed that they felt more informed
- 77.78% agreed or strongly agreed that they felt more supported
- 94.44% agreed or strongly agreed that they felt less alone
- 83.33% agreed or strongly agreed that they felt more optimistic about the future

During these panel discussions the children spent their time learning to play interactive games such as sitting volleyball, badminton, curling and boccia. Team GB Wheelchair Rugby colleagues introduced the children to the rough and tumble of rugby wheelchair.

LPC would like to thank Meningitis Research Foundation and Clarke Wilmott for giving us the opportunity to be part of this educational and remarkable event.

Get fit, get active.

Spring is approaching and we are eager to share some upcoming events that we hope will peak your interest, get you moving and feeling fit. For more information on any of the events please contact us at ipcnews@londonprosthetics.com

Arctic One – Tri and Para Tri festival – Bank Holiday Monday 29th May at Dorney Lake, Eton, Berkshire www.entrycentral.com/TriandParaTri

This time next year with Davina McCall - www.this timenext yearcasting.com

Introduction to Sports workshop – 22 March, Olympic Stadium, London www.limbpower.com/index.php/events/introduction-sport-workshops

LimbPower Junior Games – 24th June, Birmingham www.limbpower.com/index.php/events/limbpower-junior-games-birmingham

Adult Multisport event – 25th June, Twickenham www.limbpower.com/index.php/events/adult-multisport-event-twickenham

Bikeathon challenge for everyone to get involved – 25th June, Berkshire www.wokinghambikeathon.co.uk



Tallulah Smith