



THE  
LONDON PROSTHETIC  
CENTRE

# Newsletter

## Issue 7 includes

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# A message from the LPC team,

## Welcome to the first newsletter for 2018!

2017 went by in a flash, but at least we can say a lot was accomplished in those 365 days! Our first issue of 2018 celebrates all the great things that our clients achieved in the last quarter of 2017. The weather may not be so bright and uplifting but we hope our news and stories brighten up the beginning of a new and positive year.

In this issue, we share the highlights of our first seminar hosted at Boyes Turner on "The Journey of an Amputee." Abdo, together with spectacular guest speakers and our ever encouraging ambassadors had the opportunity to present first-hand knowledge and experience on the Journey of an Amputee.

We also feature a success story of Matt Short who was diagnosed with a rare bone cancer to becoming a super competitor in the 2018 Paralympics.

Keep up to date with all our amazing stories by following us on Facebook and Twitter.

Warmest Regards,  
The LPC Team

## 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?
- Don't forget to send us an e-mail, message us on Facebook or give us a call, we love to hear what you think!

## Journey of an amputee

Over the years LPC has been fortunate to be part of seminars gaining insight into the world of prosthetics and in 2017, we decided to host our own seminar on a topic close to our hearts. The Journey of an Amputee.

The seminar was set out to exchange, share and discuss vital information to case managers and consultants on the rehabilitation and challenges faced by an amputee during their journey from the first days, weeks, months and years.

The seminar included several high profile key speakers such as Dr Imad Sedki who is amongst a small minority of doctors in the UK who has dedicated his full career to working with amputees, Allyson Ballard and Dr Ian McCurdie from Remedy Health specialists in rehabilitation, QC Barrister David Sanderson from 12 Kings Bench Walk, Occupational Therapist Robyn Bryant from Jacqueline Webb and Charity Manager, Deborah Bent from Limbless Association to share their key involvement in this journey.

One of the highlights of the day was being able to showcase some of our clients' successful turning points and share their individual journeys throughout Abdo's talk.

The full story, as well as a video with fantastic pictures of the day's events, can be found on our website, [www.thelondonprosthetics.com](http://www.thelondonprosthetics.com).



## Matt Short - Paralympic ski competitor



At the age of 16, active and adept sportsmen Matt Short received news that the sports injury he had sustained in his heel was, in fact, a rare bone cancer.

Treatment began swiftly, with a year of chemotherapy treatment initially prescribed, however, after 3 months the diagnosis was not good and Matt was informed that he would need to have his leg amputated.

An active athlete, Matt was involved in basketball, football, rugby as well as being a talented skier, and the idea of losing his leg meant that he was concerned he would never be able to play on a sports field or ski again. Determined not to let his limb loss take over his life, he set out new goals after being inspired by the 2012 games he decided to aim for a place in the 2018 Paralympics Ski team.



In 2017, Matt together with coaches, John Clark and Euan Bennet met with Abdo at the London Prosthetic Centre to discuss his requirements and the adaptations needed for his ski leg to be at a competitive level on the slopes. With new technology available, a highly adaptable ski leg was custom made including high endurance adaptations on the residual limb ensuring excellent manoeuvrability.

Today, Matt is an accomplished British Parasn timer and has been in constant training over the past few months. With competitions continuing until April 2018, we hope to see Matt representing Team GB at the 2018 Paralympics.

For more information on adaptive snow sports please visit: [www.paralympic.org/alpine-skiing-world-cup-2018](http://www.paralympic.org/alpine-skiing-world-cup-2018)

## Wall of fame

Thanks to the barrage of positive feedback, we decided to create a wall of fame in the clinic. We wanted to share this positivity with both new and long-standing clients as a hallmark of gratitude. We constantly upload testimonials and thanks from our clients in the hope that these positive comments will be shared with others in need of a gentle nudge to get up, get moving and become independent.

If you would like to share a comment or picture, send it through to [ipcnews@thelondonprosthetics.com](mailto:ipcnews@thelondonprosthetics.com)



## LPC takes part in Limbcare charity golf day

In September, Limbcare hosted an exceptional fundraising golf day at The Royal Ascot golf club. We were thrilled to have been part of this day and to see so many participants working together for this great cause. Special thanks has to go to Ray Edwards, chairman of Limbcare for a fabulous day.

The golf day was a great success with good and bad golfing skills that made the day a memorable one. Abdo gathered his team players, Mick Johnson (Silicone Production Manager), Dennis Moynihan, (Prosthetic Specialist Technician) and David Williams (Orthotist) who all took part as a 4 ball.

*"Thank you to Limbcare for inviting us to the day, our partnership allows us to share resources, exchange knowledge and channel our collective effort to shift the odds for new and existing amputees."* Abdo



## Get active this new year!

Take a look at some key events that will help you get active throughout 2018! For more information please visit the Limbpower, Limbless Association and Limbcare's websites.

**Limbpower** is hosting a fundamental skills workshop for children 5-18 years on the 28th January.

**Limbless Association** have a few great charity fun runs you can get involved in this coming July. Visit their website for more details.

**Limbcare** holds a weekly fitness event on Mondays for everyone to take part in.

## Celebrating the students of 2017

With Abdo's ongoing training and mentorship, we had two student placements at the clinic in the last quarter of 2017. Lucy Riddle from the University of Salford and Karli Nash from Baylor College of Medicine, Texas had the opportunity to work closely with Abdo for four months and his clients gaining vast knowledge and experience within the prosthetic industry. We captured a few great moments of fun and hard work and one great expression of thanks for the mentorship from Abdo. Both Lucy and Karli passed with flying colours and we wish them well into their future journey of Prosthetics.

For more information on training and placement opportunities, please contact us at [ipcnews@thelondonprosthetics.com](mailto:ipcnews@thelondonprosthetics.com).



## The wonderful world of silicone cosmesis

The awareness and acceptance of prostheses have increased over the past decades thanks, in part to the Paralympics. However, some amputees are still self-conscious of their prosthesis which can affect their self-confidence. Silicone cosmesis, can be the answer for some amputees as they offer enhanced realism and more life-like appearance.

Our on site Silicone workshop use Spectromatch technology, a skin colour matching technology exclusive to us, creating up to 26,000 colours to copy any skin colour required. Each piece is unique and closely matched to your skin's colour and texture. Skin pigmentation, freckles, veins, hair and even tattoos can be incorporated to give an authentic and personalised finish.

Our experts have the capacity and skills to produce high quality non-surgical cosmetic covers to disguise scar tissue and we can make any design, colour, shape you require in silicone. Take a look below at some of our most unusual pieces!



## Client testimonial!

"Ginny the dog clearly loves my prosthetic leg as much as I do, always pushing in to get close to it (just as well I have good balance!)

I'm continuing to walk all around and generally don't use a stick in the house now, although the bony prominence is a bit more 'ouchy' when I don't use a stick. I was tempted to walk a mile and a half from my town to my home the other day (after already having walked over a kilometre in town) but I thought I had better stay sensible until the bony prominence is completely under control!

I just want to thank you, Abdo and Karli, and anyone else who has a role in providing me with my leg. You have no idea how much difference this has made to my life already! I'm 47 now and 46 of those 47 years have been spent wandering around in intense pain and the feeling of not having that is amazing!



## A few more delighted little bundles enjoying their visit at the clinic!

