

THE
LONDON PROSTHETIC
CENTRE

Newsletter



Issue 9 includes

- Cassie Cava - From elective amputation to sporting star
- College Park Espire Elbow - the much anticipated release is here
- MPK mission - putting the devices through their paces
- SocketMaster - the final update
- How to get involved in sporting events this spring!

A message from the LPC team

Welcome to the spring edition of the LPC newsletter for 2019!

In this issue we cover several spectacular events that have taken place since the beginning of 2019!

- We are thrilled to share our latest Turning Points story with our cover star Cassie Cava.
- How Corporal Michael Lewis faced his next challenge in the boxing ring.
- We have created 12 short videos featuring lower limb Microprocessor knees and feet; highlighting their individual key features to help you decide what would be best to suit your goals.
- On the subject of groundbreaking technology, LPC were the first to fit the latest Espire elbow from College Park in the UK! Read about how this elbow is the necessary fit for 21st Century prosthetic needs.
- Finally, to help you through the spring and summer months, we highlight upcoming events and advice about getting into sports.

Warmest Regards,
The LPC Team

Your feedback matters

We love hearing your thoughts on the work we do here at The London Prosthetic Centre, so please get in touch by e-mail to let us know what you think of this issue. We welcome your suggestions on stories and content or if you want further information on a specialist subject, all ideas are welcome!

To get in contact please e-mail enquiries@thelondonprosthetics.com and we look forward to your comments and feedback!

Get Sporty this Spring

Want to get active this spring but not sure how to get started? Try visiting [LimbPower's](http://limbpower.com/index.php/what-can-i-do) website, for inspiration on how to get involved in a new sporting challenge: <http://limbpower.com/index.php/what-can-i-do>

Hawridge Duathlon and Duathlon Relay - 4th June
For something a little more challenging which can also be completed as a pair, sign up for this multi-terrain course: <https://www.entrycentral.com/HawridgeDuathlon>

Arctic One Tri and Para-Tri Festival - 27th May
Not for the faint-hearted - this Para-Tri event means business, with four events you can sign up to, each one as tough as the other! Sign up at: <https://entrycentral.com/Triandpara>

A Champion with a Heart of Gold

Michael Lewis is no stranger to our newsletter, with his story featuring in an earlier issue about his outstanding career as an ex-war veteran, who refused to give up on life after losing his leg serving in Afghanistan. After recovering from limb loss, Michael's courage and determination has inspired him to challenge himself in various sporting activities. He has trialed a number of feet with the LPC, so he can pursue his dream of participating in extreme sports such as motocross racing, skiing and marathons.

In March, Michael took part in a charity boxing match against an able-bodied contender to raise funds for the charity Blesma. It was a tough fight, in which Michael pushed himself harder than ever before. Although he was not victorious this time, Michael was elated to have raised over £2,000 for this worthy cause. Well done Michael from all of us here at LPC!

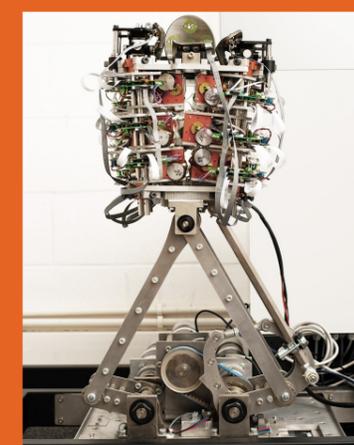


SocketMaster Update

SocketMaster has been a huge project undertaken by Abdo Haidar, together with seven leading European organisations and one university working closely together for over three years. The preliminary results and feedback from the fourteen trials have been positive, and the project came to a final close once the prototype was trialed. Overall results and reviews concluded:

- Subjective feedback from the participants showed a high degree of patient satisfaction. The system was easy to use, and gave instantaneous comfort feedback.
- Single adjustments could be made as required to increase or decrease pressure.
- Self-input to fine tune every element of the socket, such as size and shape, was well received.

Abdo concluded: "With further optimisation of both the hardware and software of the SocketMaster system, we anticipate demonstrating a solution for socket design and fabrication with enhanced comfort for patients one day in the future."



A Step in the Right Direction



We carried out two missions with our patients to carry out gruelling tests on microprocessor knees and feet. The story unfolds below.

Abdo and two of our clients - Danny O'Leary and Michael Lewis - together with our film crew took on the mammoth task of testing out 12 microprocessor feet and knees, to establish the best features and functions of each one.

The testing took place on different terrains, both indoors and outdoors, including everyday obstacles, such as hills and stairs. The videos capture the safety features and functions in action on the devices, and highlight the benefits for different types of user. Visit our Instagram or Twitter page to view the videos in full, and leave a comment on your favourite!



What we trialled:

Feet	Knees	
Empower	Genium	Kenevo
Triton Smart Ankle	Genium X	Rheo XC
Meridium	Linx	C-Leg 4
Elan	Orion	Plié 3

The innovative Espire Elbow has launched

College Park have launched the most up-to-date prosthetic elbow of the century, featuring more functions and ease of use than ever before - the Espire Elbow. We are thrilled to be the first clinic in the UK to fit the elbow, and we joined forces with Steeper Group at the latest TIPS/ISPO/BACPAR conference to showcase the elbow. The Espire Elbow is now available throughout the UK directly through Steeper Group, and at the London Prosthetic Centre.



Cassie Cava - From elective amputation to competitive sporting success



The story

Cassie was born with club foot, which has caused a lifetime of problems. Although she endured multiple reconstructive operations throughout her life, she was met with disappointing results every time - including new stress fractures developing after each operation. Cassie struggled to do much more than shuffle after another stress fracture and further complications. The frustration with not being active was beginning to take its toll, so after six years of failed treatments she made a life-changing decision: "During that time I had eight operations to try and mend my foot, but in the end I asked to have it amputated so I could have a shot at living an active and pain-free life."

The result of Cassie's below-the-knee amputation was transformational; "I can walk, run, cycle, and do more or less whatever I want to do - with a bit of problem solving with some things." Following her amputation and recovery she was keen to start taking part in sporting competitions, but it was a slow and frustrating process, with her socket at the time not fitting correctly, causing pain and abrasion on her residual limb. For Cassie, a woman who had ambitions of one day competing in triathlons, this was disappointing, especially after waiting weeks for sockets that in the end were not comfortable enough. It was

taking longer than she expected to get to the level of fitness she sought after.

The solution

With her dreams of running and cycling hanging in the balance, Cassie sought answers online. One of LPC's patients recommended that she visit the clinic, as they had proven results with prosthetic intervention in cases such as hers. Cassie was introduced to Abdo, and together they discussed what Cassie wanted from her prosthesis and what she would need to embrace sporting activities more vigorously. Over several consultations they decided that the best prosthesis for her to compete in triathlons at a high level would be the Össur Flex Run. This single prosthesis could be used from running position to hopping on her bike with little delay, and was accompanied with a custom-made socket to fit her as snugly and as comfortably as possible to avoid any abrasions from the intense impact of triathlon competitions.

The turning point

With Abdo's knowledge and expertise the prosthesis was completed, and Cassie was thrilled to start competing with it. She took part in the 2018 ITU World Triathlon Grand Final in the Gold Coast, and triumphed finishing in third place. Cassie stated: "*I've enjoyed the rewards I have gained from challenging myself, and with this leg I am able to push my body without the constant limiting factor of the prosthesis fit or the socket. I want to continue to inspire more women to take up sport. If I can do it anyone can.*"

Abdo concludes: "*This is just the beginning for Cassie, and we are excited to work with her as she tackles her triathlon journey. She has grown so much in both character and strength from where she started off - it is wonderful to see her at this level of fitness, activity, and happiness.*"