

## Hands Free Pilot

Jessica Cox, 36, from Phoenix, was born with a rare condition that caused her upper limbs to not develop in the womb. She learned to use her feet to do everything. She earned a third degree blackbelt in taekwondo, she can drive a car, play the piano and now fly a plane. She is the first licensed female to fly a single engine plane with just her feet. This was no simple task and took three years of work. She is a motivational speaker, showing and inspiring others with disabilities that they can accomplish anything.



## New Technology – Structure Scanner

We are currently utilizing a Structure scanner to scan for custom liners. The scanner is used with an iPad to quickly create a 3D image that can then be used to make custom orthotic and prosthetic devices such as spinal braces and prosthetic liners. The scan takes about 30 seconds and accommodates patient movement. This has proven to be a lighter, faster, more portable way to scan than previous scanning technology.



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## Resources for Amputees

### Amputee-Coalition

*Helping amputees live well with limb loss*

[www.amputee-coalition.org/](http://www.amputee-coalition.org/)  
888.267.5669



### ASPO

Adaptive Sports Program of Ohio  
Dalton, OH

[www.adaptivesportsohio.org](http://www.adaptivesportsohio.org)  
[info@adaptivesportsohio.org](mailto:info@adaptivesportsohio.org)  
330.985.0085

Adaptive Sports Program of Ohio



### BVR

*Bureau of Vocational Rehabilitation  
Employment services and support  
for individuals with disabilities*  
[https://ood.ohio.gov/Services/  
Vocational-Rehabilitation](https://ood.ohio.gov/Services/Vocational-Rehabilitation)  
800.282.4536

### The Turn

*Golf and fitness for those with  
physical disabilities*  
North Olmsted, OH  
[www.jointheturn.org](http://www.jointheturn.org)  
440.686.1074



### Services for Independent Living

*Empowering individuals with  
disabilities to lead inclusive lives  
through advocacy, community  
engagement and self-directed  
services.*

Euclid, OH  
<http://sil-oh.org/>  
216.731.1529



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# Falling

## Fall Prevention

Check for trip hazards: Carpet to tile transition, wires, pets, rugs, poor lighting, ill-fitting footwear. Remove any of these hazards that you can from your home. Place non-slip mats in the tub or shower. Install grab bars in the bathroom.

Exercise such as Tai Chi or yoga can increase strength, flexibility and balance.



## How to Fall

Remain flexible and relaxed, protect your head, bend and try to have multiple points of impact starting with your arms, rolling to your back, butt or thighs.

## After the Fall

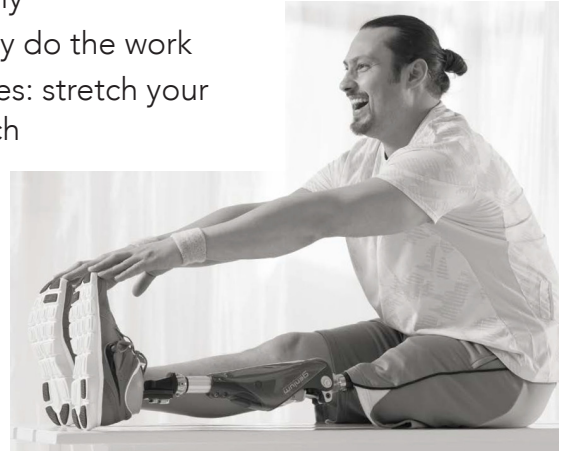
Pause for a minute and assess your condition before getting up. If you have dislocated anything or are bleeding severely call for help. If you are in one piece, roll to your stomach, then get your knees under you first, then stand slowly with help if possible.

# Proper Positioning

Keeping your residual limb in the proper position prevents muscle shortening and allows for full range of motion, making your daily activities safer and easier. In order to use a prosthetic limb, you must have adequate range of motion and strength. Contractures can significantly limit your ability to use a prosthesis.

## Prevention:

- Stretch – passively or actively
- Passive stretches; Let gravity do the work
- All lower extremity amputees: stretch your hip by lying on your stomach
- Below knee amputees: stretch your knee by propping your residual limb up on another chair
- Don't sleep with a pillow under your residual limb or under your knee
- Don't sit for long periods of time with your knee bent
- Contact your physician, physical therapist or prosthetist if you are unsure of what to do.




(photo: Otto Bock)

## Pay your bill online

### Patient Bill Pay

Go to [Leimkuehlerinc.com](http://Leimkuehlerinc.com), in the top right you will see Patient Bill Pay – this will take you to the secure payment portal. On your invoice statement you will see your Account Number and Statement ID to enter. From here you can use a credit card to pay your balance safely and securely online.



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(216) 651 - 7788  
(216) 651 - 4057


### Pay Your Medical Bills Online

Please enter the following information from your statement.

Account Number

Statement ID

[Don't have a statement?](#)



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## Product Spotlight: Hydraulic Ankle Feet

What are the benefits of prosthetic hydraulic ankle feet? Hydraulic ankles more closely mimic the biological movement of the anatomical ankle at slower walking speeds. Dorsiflexion of the foot (raising the toe) provides more clearance for the foot to swing forward, avoiding falls from catching the toe, increasing ground compliance. The foot moves to flat sooner on heel strike and stays in full contact with the ground longer. This reduces pressure on the limb in the socket, especially on slopes. The ankle moves to accommodate the slope instead of the pressure being transferred from a rigid ankle, to the socket and in turn to the residual limb. Hydraulic ankle feet improve foot position when transitioning from seated to standing. This is one of the most mechanically demanding functional tasks routinely performed during daily activity. You can wear different heel height shoes with the hydraulic ankle foot. Changing shoe heel height on a fixed ankle prosthesis changes the alignment or angle of the prosthesis and can make it difficult to walk.

*Photo shows an example of a prosthesis with a hydraulic ankle foot.*



College Park Odyssey K3 Foot

## Hand and Finger Amputations

Most upper-limb amputations are traumatic in origin, and 94 percent of them occur at the fingers and metacarpals. Leimkuehler, Inc., in conjunction with Naked Prosthetics, can provide custom designed single digit replacements or multi finger/thumb prostheses that are very functional and useful to the patient in their daily life.



*Photo courtesy of Naked Prosthetics - Naked Prosthetics PIP and MCP Driver Prostheses*

## Different is Beautiful

*Mattel has released a new Fashionista Barbie with a removable prosthetic limb. Mattel stated that they want to "elevate the conversation around physical disabilities." Other dolls in this new product line feature a variety of appearances and more realistic body types. There is now a Barbie with a wheelchair available as well. This is a great way to have a conversation about physical disabilities with children and encourage learning through play.*

