



# Inside APC...

August 2008

"Newsletter from APC Prosthetics"



## Welcome to Our First Quarterly Newsletter

*We are excited to release our first quarterly newsletter. The aim of the newsletter is to provide an opportunity to "peek" inside APC Prosthetics, meet the team, and hear about the people & technologies we are working with. We also aim to improve the understanding of the services that are available, and how they can be accessed. With the Beijing Paralympics just around the corner, this first edition will focus on some of the Australian athletes competing, who are part of the APC Prosthetics family, and on Cameron Ward whose specialty is high performance prosthetics. We hope you enjoy our newsletter and look forward to hearing your feedback.*

*Cheers Harvey*

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## Team Profile – Cameron Ward

### What is new in your life?

I was married in May and we have just moved house and renovated a unit.

### What do you get up to outside of work?

Currently it is spent renovating and unpacking boxes – no time for anything else!

### How long have you been involved in Prosthetics and Orthotics?

I have been involved in Prosthetics and Orthotics for 12 years. I started the Prosthetics and Orthotics course in 1996 and moved to Sydney to work for APC Prosthetics in 1999. The main reason for this move was the chance to work closely with David Howells and his athletes. I have been working here ever since.

### What do you enjoy about prosthetics?

I enjoy two different ends of the spectrum in prosthetics.

Firstly I enjoy getting patients up and walking on their interim prostheses for the first time. Being able to walk again is an important turning point in their rehabilitation and is often a sign that they will be able to go home soon. The realization that they can get back into life is quite powerful. I find this the most rewarding part of my job.

Secondly I have a passion for athletes and seeing amputees push both their own ability and the prostheses they use to the limit. This has led to me being sent to the Paralympics in Beijing which I am extremely excited about. – See *Paralympic* section.

### What do you see the future bringing?

I see the future of Prosthetics in NSW involving increased funding and the ability of patients to access better prosthetics components and interface systems. I hope to see an increase in the number of patients wearing modern liner systems and a move away from older types of interface and suspension systems. Internationally I see more developments in the field of bionics and electronics. This technology has seen some great advances recently and I expect many more developments in the future.



## Paralympics

The 13<sup>th</sup> Paralympic Summer Games, to be held from 6-17 September 2008, commences 12 days after the close of the Olympic Summer Games.

The Paralympic Games will utilize the same sports facilities and athlete's village used for the Olympic Games. The majority of sports will take place in China's capital, Beijing, with Equestrian and Sailing being held at sub-sites in Hong Kong and Qingdao respectively.

I am very excited that the Paralympics have come around again. Every day of competition during the Sydney Paralympics I was there watching and cheering what was a truly amazing spectacle.

German Prosthetic manufacturer Otto Bock is taking a team of prosthetic experts to Beijing as support to the athletes competing in the 2008 Paralympics. After working closely with David Howells for so many years Otto Bock invited me to be on the team. APC Prosthetics supports a number of athletes going to Beijing. These include:

Aaron Chatman – ACT, Heath Francis – ACT, Michael Milton – ACT, Paul Raison – QLD, Stephen Wilson – QLD, Kelly Cartwright – VIC, Christine Wolf – ACT

Comedian and TV presenter **Adam Hills** (who also has his prostheses made at APC Prosthetics), and Paralympic Gold Medallist **Louise Sauvage** will be presenting the coverage on the ABC. The broadcast will be more than 100 hours on ABC1 and ABC2 - the biggest coverage of a Paralympic Games ever - don't miss out!

We wish APC Prosthetics' athletes, the Australian team and all of the athletes competing in the 2008 Paralympics the best of luck for September. To get the latest news or make a donation visit [www.paralympic.com.au](http://www.paralympic.com.au)  
Cheers, Cameron

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## Prosthetic Feet – Which prosthetic foot is right for you?

There is a multitude of prosthetic feet available and there might be considerable confusion regarding which foot may best suit you as an individual. To simplify the process of selection, there are three primary considerations:

- 1) Ground compliance (stability)
- 2) Energy returning or dissipating (spring or cushion)
- 3) Weight & activity level

Ground compliance essentially means how “flexible” a foot is and how it adapts to the terrain you are walking on. The key consideration here is your stability. Strong, high active users do not need compliance as much as lower active users do, or those who regularly enter uneven terrain.

Energy return or dissipation is important. Using a below knee prosthesis increases your energy consumption by 30%, and an above knee prosthesis by 60%. Ideally you want to minimize the amount of energy spent during walking. However, some lower activity users with less strength may not be able to control a foot which is very springy, and may need a foot which provides more of a cushioning effect.

Weight & activity level are the most important considerations. All feet have been designed to meet the needs of specific activity levels. Many errors are made in selecting low activity feet for higher activity users, and vice-versa.

When reviewing your foot options, you should consider your primary lifestyle activities (both occupational & recreational); the three factors outlined above, and then discuss this with your Prosthetist/Rehabilitation Doctor.

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