



Outpatient Amputee Service

This leaflet outlines the Outpatient Amputee Physiotherapy Service. It tells you what will happen at your appointment and where to get extra help.

Who can use this service?

You can use this service after having a lower limb amputation if:

- You may be able to get an artificial leg (also called a prosthetic leg) or need further assessment in this area.
- You already use a prosthetic leg but now need more physiotherapy input.

How the service works

- Appointments happen Monday to Thursday.
- They take place in the gym in Battle Block Outpatients and Therapies on Level 1 at the Royal Berkshire Hospital.
- You will usually come once or twice each week; your physiotherapist will decide.
- You will come for early recovery exercises and later for learning to use your prosthetic leg.
- The gym has parallel bars, stairs and other tools to help you practice walking.
- You may also practice walking outside on slopes and different surfaces.
- You will be given exercises to do at home between visits.

How long are appointments?

- Each appointment lasts about 1 hour.
- Most appointments are in the morning, unless your physiotherapist tells you otherwise.
- Bring a drink and a snack if you need one.
- Drinking water is available in the gym.

Who will help you?

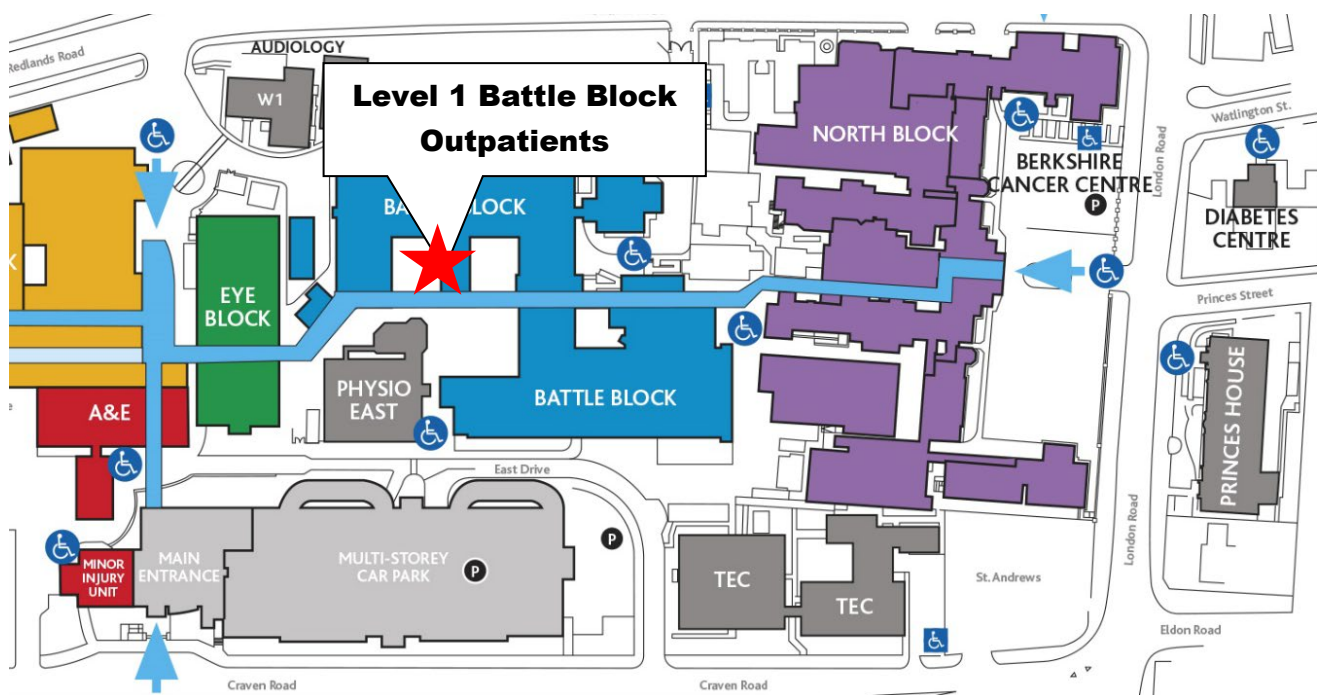
- You will see a physiotherapist who is trained to help people with amputations.
- We work closely with the Prosthetic Centre in Oxford.
- This is usually where you will go to be assessed and fitted for your prosthetic leg.
- If you go to a different prosthetic centre, we will work with them too.

General information

<p>Transport</p> <p>If you need transport and meet the criteria for patient travel, it can be booked through EMED.</p> <p>Phone: 0300 777 3333</p> <p>Website: www.emedgroup.co.uk/bobf/</p>	<p>Medication</p> <p>At your first visit, you will be asked about your health and any medicine you take.</p> <ul style="list-style-type: none"> • Bring a written list of your medicines, if needed. • Bring any medicine you may need at your appointment, such as insulin.
<p>Clothing</p> <p>Please wear comfortable clothes such as:</p> <ul style="list-style-type: none"> • Shorts • Loose trousers <p>Changing rooms are available in the gym.</p>	<p>If you miss an appointment</p> <p>If you do not come to your appointment and do not contact us:</p> <ul style="list-style-type: none"> • You will get a letter asking you to book another appointment within 2 weeks. • If you do not reply, you will be taken off the service. • You can be referred again later by your GP or Prosthetic Centre.

Contact details

Gail Murray – Amputee Physiotherapist
 Level 1, Battle Block Outpatients and Therapies,
 Royal Berkshire Hospital,
 London Road, Reading RG1 5AN
 Phone: 0118 322 5393



Other helpful contacts

West Berkshire Wheelchair Service (AJM Healthcare): 0808 168 0855

East Berkshire Wheelchair Service: 0118 904 3222

Oxfordshire Wheelchair Service: 01865 227273

Oxford Prosthetic Centre: 01865 227295

Helpful websites

The Limbless Association – www.limbless-association.org/

OWLs – www.owls4u.org.uk/ Oxford and High Wycombe group

NHS Talking Therapies – accessed through the NHS website

Limb Loss Information – www.limblossinformationcentre.com – A resource centre for those with acquired and congenital limb loss.

Limb Care – www.limbcare.org – A charity which aims to supply information that is free and available to anyone who wishes to learn more about life as an amputee and the opportunities available to the limb impaired.

Limb Power – <https://limbpower.com> – A charity set up to engage amputees and individuals with limb impairments in physical activity, sport and the arts to improve quality of life and to aid lifelong rehabilitation.

Steel Bones – <https://steelbone.co.uk> – A charity created by amputees and their families, for the amputee community.

Parasport – www.parasport.org.uk – designed to inform, educate, inspire and signpost disabled people to high quality sporting opportunities.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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Next review due: May 2028