

## Outpatient Amputee Group

---

This leaflet outlines the Outpatient Amputee Physiotherapy Service; when the group runs, what you can expect and also some useful additional contacts.

---

### Who can attend the Outpatient Amputee Service?

- You have been referred to this service as a lower limb amputee.
- You will either have the potential to use a prosthetic leg or will have been referred for further assessment in this area.
- You may also be an established prosthetic leg user, who needs reassessment and further physiotherapy input.

### How the service operates

- The Outpatient Amputee Service runs two sessions per week, on Monday and Wednesday. These take place in the gym in Battle Block Outpatients and Therapies, on level 1 Battle Block at the Royal Berkshire Hospital.
- You will either attend either once or twice a week. This will be decided by your physiotherapist.
- You will attend for early rehabilitation, and also for prosthetic rehabilitation, once you have received your prosthesis.
- There is a large gym, with parallel bars, stairs and other equipment available to assist in your rehabilitation. There is also access to outdoor space including slopes and different surfaces to practice walking on.
- You will also be given a home exercise programme to continue with between appointments.

### How long are the appointments?

- Appointments are typically two hours in duration, from 10am until 12pm, unless you are informed otherwise by your physiotherapist.
- Please bring with you a drink and something to eat if required. There is drinking water available in the gym.

### Who works in the Outpatient Amputee Service?

- The service is run by an amputee specialist physiotherapist, with support from a physiotherapist and a physiotherapy assistant.

- We work very closely with the local Prosthetic Centre which is based in the Oxford Centre for Enablement, Nuffield Orthopaedic Centre. This is where you will go for assessment and future prosthetic appointments.

### General information

- Transport – if you require transport for your appointment, and you meet the criteria for patient transport, it can be booked via the South Central Ambulance Service (SCAS). The contact number for SCAS is 0300 123 3235. It can also be arranged by your GP. Please note that SCAS normally require at least 48 hours' notice for bookings.
- Medication – during your initial appointment, a medical history will be taken and you will be asked to provide details of any medications that you take. Please bring written information with you if you think you may not remember. Please also bring with you any medication that you may need during or after your session, for example diabetes medication.
- Clothing – please dress appropriately for the appointments. For example, wear shorts or loose fitting trousers. It is possible to change at the start of the session; cubicles are available in the gym.
- Failing to attend – if you fail to attend an appointment and do not let us know, a letter will be sent to you, asking you to contact the department within two weeks to make another appointment. If we do not hear from you after this, you will be discharged from the service. You can be re-referred in the future via your GP or via the Prosthetic Centre in the Oxford Centre for Enablement, Nuffield Orthopaedic Centre.

### Contact details

Gail Murray

Amputee Physiotherapist

Level 1, Battle Block Outpatients and Therapies,

Royal Berkshire Hospital, London Road, Reading RG1 5AN

Tel: 0118 322 5339 / 8545

### Other useful contact numbers / information

West Berkshire wheelchair service: 0118 322 6706

East Berkshire wheelchair service: 01753 638647

Oxfordshire wheelchair service: 01865 227319

Millbrook (wheelchair repairs): 01442 240541, Option 2

Prosthetic Centre, Oxford Centre for Enablement, Nuffield Orthopaedic Centre; 01865 227295

South Central Ambulance Service (SCAS): 0300 123 3235

The Limbless Association – [www.limbless-association.org/](http://www.limbless-association.org/)

OWLs – [www.owls4u.org.uk/](http://www.owls4u.org.uk/) Oxford and High Wycombe group

Limb loss Information – [www.limblossinformationcentre.com](http://www.limblossinformationcentre.com) – A resource centre for those with acquired and congenital limb loss.

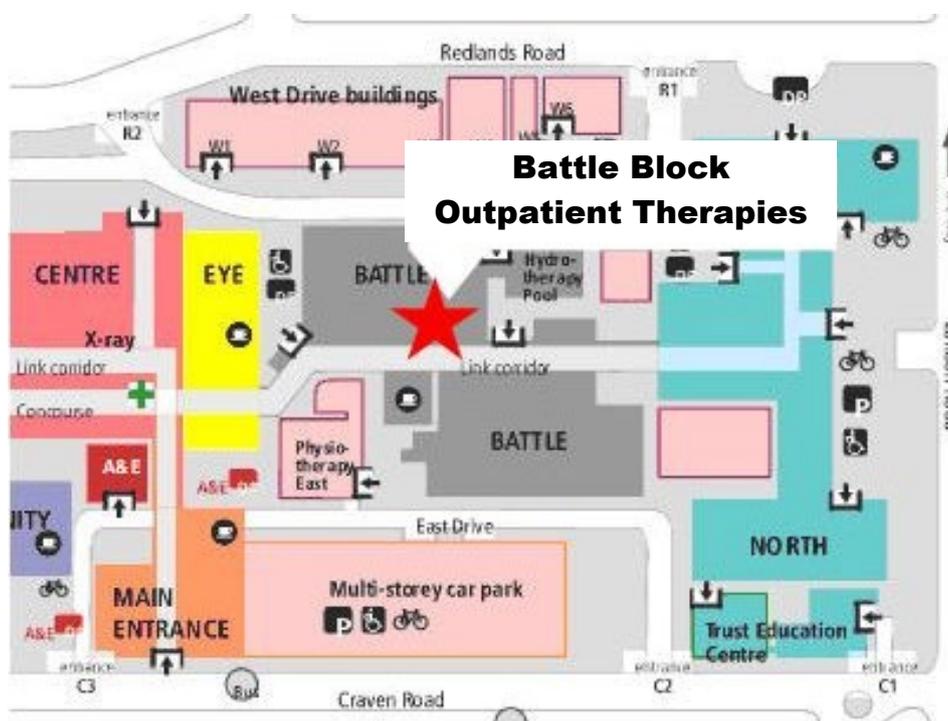
Limb Care – [www.limbcare.org](http://www.limbcare.org) – A charity which aims to supply information that is free and available to anyone who wishes to learn more about life as an amputee and the opportunities available to the limb impaired.

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.

Parasport – [www.parasport.org.uk](http://www.parasport.org.uk) – designed to inform, educate, inspire and signpost disabled people to high quality sporting opportunities.

## Further information

Visit the Trust website at [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)



This booklet has been produced by:

Physiotherapy Department  
Royal Berkshire Hospital  
London Road, Reading RG1 5AN  
Tel: 0118 322 5339

This document can be made available in other languages and formats upon request.

Physiotherapy, August 2020  
Review due: August 2022