

AMPUTEE WALKING SCHOOL

REGISTRATION FORM

(859) 367-7189

Name _____

Title _____ Organization _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Date(s) Attending (please check date)

___ January 11, 2014

___ June 21, 2014

___ August 16, 2014

___ October 18, 2014

Enclosed is ___ \$40 Professional fee (certificate with CEUs)

___ \$15 Non-professional fee (certificate without CEUs)

___ \$15 Student fee

___ I am an amputee or family member
(FREE to this audience)

Please send check and registration to:

Cardinal Hill Hospital
Attn: Center of Learning
2050 Versailles Rd.
Lexington, KY 40504

Please fax credit card registration to: (859) 367-7188

___ Visa ___ MasterCard ___ Am. Exp ___ Discover

Card # _____ Exp. date _____

Name on Card _____ (pls. print clearly)

Signature _____

Amputee Walking School

*Where the Art
and Science of
Prosthetics
Converge*

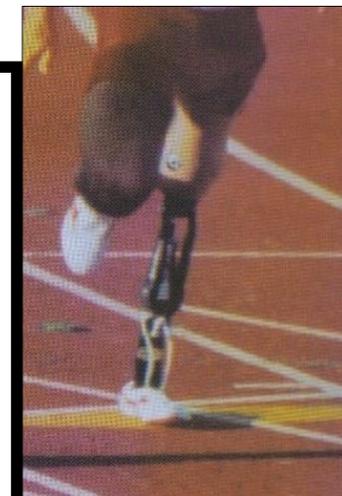
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Sponsored by
**Cardinal Hill
Rehabilitation Hospital
and
Kenney Orthopedics**



Description:

The clinic will introduce treatment approaches for improved function and return to an active lifestyle. Understanding the dynamics of how artificial devices work and how to use muscles properly to control the devices will enable individuals with disabilities to run, move from side to side, bend down, jump, climb stairs and walk with more confidence. Increased strength and flexibility, help participants to operate more efficiently, expend less energy and, thus, do more each day without fatigue. One-on-one opportunities with the presenters and “hands-on” participation techniques will apply assisted by a trained professional and/or family member. Professionals in the field of rehabilitative therapy and sports will receive a high level training and advanced exercises appropriate for use with clients of all ages to improve ambulating. **Amputees are encouraged to attend all class dates.**

Education Credit:

This training provides 5 class hours

KY Physical Therapy 5 CEUs

KY Occupational Therapy 5 CEUs

(Certificates of Attendance will be available to all participants)

Location:

Cardinal Hill Rehabilitation
Hospital
2050 Versailles Road
Lexington, KY
(859) 367-7189

Agenda

Clinical Training

9:00-9:30a Biomechanics of prosthetic devices

9:30-10:00a Advanced stretching and strengthening exercises

10:00-11:00a Flexibility and fitness goals

Lunch

11:00a-12:00p (provided)

Amputee Walking School

(All Audiences)

12:00-12:30p Knee control exercises and stretches

12:30-1:00p Muscle and residual limb movement

1:00-2:00p Advanced exercises and running techniques for above and below knee amputees

2:00-2:30p Team intervention, diet, and technology

2:30-3:00p Questions/ Answers

3:00-3:15p Evals/ Adjourn

Clinic Objectives:

- Select appropriate techniques to assist in increased flexibility, strength, and function to achieve best performance from his/her prosthetic device.
- Plan a foundation for improved health and fitness that include working with rehab teams, diet, exercise techniques, hygiene, and O&P technology.

Clinic Goals:

After the clinic professionals will be able to:

- Demonstrate advanced stretching and strengthening exercises for lower extremity amputees.
- Support prosthetic clients in meeting their strength, flexibility and fitness goals.
- Develop walking and running techniques through increased knowledge of the prosthetic device and contributing muscles.

Who Should Attend:

Amputees of all ages and abilities, family members, Orthotists, Prosthetists, OT, PT, all interested Healthcare Professionals

About the Presenters

Dennis Oehler



At 24 years of age, and only a few weeks away from signing a professional soccer contract, Dennis

was hit by a car and his right leg had to be amputated below the knee. Shortly after his accident, a friend took Dennis to watch the Paralympics Games. Astounded by the elite-level of competition Dennis was determined to become a competitive athlete again. Just four years later at the 1988 Seoul Paralympics, Dennis set a world record of 11.73 seconds in the 100 meter.

Todd Schaffhauser



At the age 15 years old Todd was diagnosed with bone cancer in his left leg. In order to save his life, his leg was amputated above

the knee. After 18 months of chemotherapy treatment, the cancer was in remission. Todd entered his first race in 1986. By the 1988 Seoul Paralympic Games, Todd became the world's fastest above knee amputee by running 100m in 15.77 seconds. In 1995, he bettered his record at the World Games in Germany with a time of 14.55 seconds.

Today Dennis and Todd have a much simpler goal—they want to help other amputees get comfortable and gain better use of their prostheses. They teach how to walk longer distances, climb stairs and run, skills many participants haven't mastered because of psychological and physical issues, including balance, amputees face after losing a limb.