

PATIENT INFO LEAFLET
WATER ACTIVITY LIMB OPTIONS

• **MAIN PROSTHESIS (ARTIFICIAL LIMB)**

Your own artificial limb may be made splash proof by use of a cosmetic covering and a waterproof suspension sleeve. This would be for **occasional showering only**. The limb must be set up for a fairly low heel height and a grip sole sock/foot cover must be worn.

(Trans-tibial & ankle disarticulation i.e. below knee levels only)

• **WATERPROOF LIMB COVER**

A removable waterproof cover may be applied over your own artificial limb. This also allows **showering** and **use in wet areas** e.g. transferring from changing facilities to poolside. The cover is lightweight and can be folded into a suitcase for travelling. *(Trans-tibial & ankle disarticulation i.e. below knee levels only)*

• **SHOWER LIMB**

This is a limited use waterproof artificial limb used for **showering**. It only allows **very limited walking** and is not suitable for amputees weighing more than 80kg. *(Trans-tibial i.e. below knee levels only)*

• **WATER ACTIVITY LIMB**

This is a waterproof limb that may be used as a **main limb** when on regular beach holidays. It is suitable for **paddling, showering and bathing** and does not limit walking. Submersion in water will not damage this limb, however it tends to float and will fill with water, therefore caution is required at all times. The user is recommended to buy a grip sole sock/foot cover for use when walking on slippery surfaces. This limb is not suitable for any user weighing over 120/125 kg. Your Prosthetist can advise on individual recommendations for use.

(Trans-tibial i.e. below knee and trans -femoral i.e. above knee levels only)

• **WATER SPORTS LIMB**

This is a waterproof limb for **regular, high activity, water sports** e.g. scuba diving, water-skiing. It restricts walking and users should seek advice from their local sports centre/club regarding adjustments that may be required for buoyancy and safety.

IMPORTANT

- The purpose of this leaflet is to provide general information only on the options available. It is not intended as a prescription guide.
- The options above are not exhaustive or suitable for all users
- Individual requests must be discussed with your Prosthetist to ensure your clinical and safety requirements are met.
- It is the responsibility of the individual user to ensure safety at all times when carrying out any water activity and to seek assistance and supervision when required.
- It is unusual to require any upper limb prosthesis for water activities, however please discuss any specific issues with your Prosthetist

*Information provided by: -
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