

## Murray Foundation at ISPO 2001

**J**uly of this year saw one of the largest ever conferences in Prosthetics and Orthotics, when the 10th World Congress of the International Society for Prosthetics and Orthotics was held at the SECC in Glasgow. This triennial congress is the only international meeting that covers all aspects of prosthetics, orthotics and rehabilitation engineering and provides a multi-disciplinary forum for all those involved in the rehabilitation of people with physical disabilities. As one of the most important events in the P & O calendar, the congress played host to over 2000 delegates from around the globe and also boasted the largest ever exhibition of P & O products with over 70 companies on show.

Wednesday 4th July was designated consumers day as for the first time ever, the congress was open to the general public at a much-reduced rate. This prompted many users and their families from around Scotland to visit the extensive exhibition and also to take the opportunity to listen to some of the scientific presentations on current thinking in P & O. The keynote speaker for that day was Mary Novotny, Chairman of the Amputee Coalition of America who is also a hip disarticulation amputee. Mary not only delivered an inspiring presentation to the main congress but also spent a considerable amount of time with those there under the auspices of the Murray Foundation. The main thrust of Mary's presentation was the need for individual users to work together to ensure improvements in the service delivery.

As well as being one of the major sponsors for the event and a exhibitor at the conference, the Murray Foundation was also involved in the Quality of Life symposia which looked at ways in which Q of L could be measured and how this might influence service delivery. Many thanks must go to the MF Hospital Visitors and Family Support Providers who gave of their time throughout the week of the congress to man the MF stand. Visitors from around the world were keen to learn more about the work of the Foundation and to look at ways they could offer support to amputees in their own countries. They also appreciated the opportunity to speak with amputees first-hand about the support they felt was required.

All those involved in the organisation of the congress should feel justifiably proud and the Murray Foundation thanks ISPO for the opportunity to have been involved in such a significant event in the world of Prosthetics & Orthotics.



Mary Novotny- Keynote Speaker



Murray Foundation Staff L - R. Sandra Fraser, Susan Shaw and Marjorie Dodds



Two very happy Murray Foundation hospital visitors

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## Event2001

Pictures opposite: Castle Semple 2001

**J**uly 21st at Castle Semple Loch and the Murray Foundation's family day out. The loch was very calm with a mist lying over it and the weather looked a bit unpredictable, but there was a flurry of activity on shore as everyone set things up for what was to be a great day's entertainment.

All the usual activities were available, the canoes and dingy were prepared in the water, the targets for the archery were being erected, the bikes were brought out of the shed, the bird watching and fishing were being set up, the tractor and trailer were waiting by the loch side, the marquee was up and full of people preparing food, the bouncy castle was slowly inflating, the D.J. was testing the P.A. system and the bus arrived which would ferry people to and from the 4x4 safari and (new for this year) the quad bikes.

David Murray and Susan Shaw performed the official opening and everyone dispersed to their timetabled activities. As usual the Park Rangers worked tirelessly to ensure that everyone enjoyed their day and all activities were very well received, particularly the new addition quad bikes. People arrived back on the shuttle bus full of enthusiasm and tails of daring exploits!

The weather held up fairly well and the day was rounded off, as in past years, with a very welcome barbeque in the marquee.

Everyone went home a little tired but having had a great day.



We're always on the lookout for information or articles to be included in Foundations. Next edition is due in December and articles etc. for inclusion should be with the editor by **14th December**. Please send to **AGNES LANG at 5 Farquhar Rd, Port Glasgow PA15 5AS, or email at aelang@btinternet.com**

The December issue will be looking at aspects of pain and pain management, so any first hand experience or information you may have found, would be appreciated.

## Support Groups - Fundraising Activity

**O**n Sunday 19th August 2001, a group of children took part in The Junior Great Scottish Run at Glasgow Green.

The reason - to raise funds for the Project for Amputees in Glasgow East (PAGE) support group. It was a great day out with plenty to do after the race, including a carnival, face painting and also a roadshow provided by Radio Clyde. The children (pictured with some of the other race competitors) were Joseph McGuire; Mark Burke; Cheryl Jaconelli and Amanda Patterson, all of whom are from the Glasgow area. The children not only had a great time participating in the run; they also helped to raise a substantial amount of money for the PAGE group. Members of PAGE would like to take this opportunity to thank the children for helping the group in this way and hope to see them taking part in next years' run.



## From Climbing Walls To Footballs...

A glorious day welcomed participants to this year's Limbs with Attitude event, which saw amputees indulge in an exhilarating programme of sports and leisure pursuits led by some of the country's top trainers, many amputees themselves. The day at Scotstoun Leisure Centre in Glasgow provided something for everyone and was voted a huge success by everyone involved.

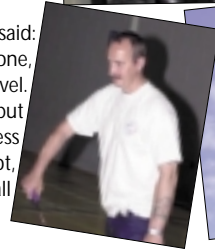
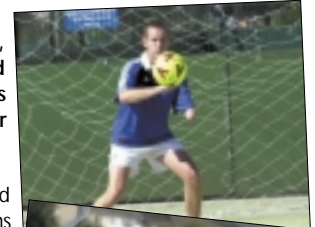
This, the biggest-ever Limbs with Attitude event staged by the Murray Foundation, offered amputees the opportunity to try a variety of pursuits under the guidance of Paralympians and leading coaches. But it was not just about offering a fun-packed day. One of the main aims was to help amputees overcome some of the physical challenges they may face, and that was achieved in abundance.

David Murray, himself a double amputee, said: "Limbs with Attitude was one of the first events staged by the Murray Foundation and remains to this day, one of our most popular activities. We would like to acknowledge the excellent support and facilities offered to us by Scotstoun Leisure Centre, which enabled us to provide a wider range of workshops than ever before. This has been a tremendous opportunity for amputees of all ages and levels to not only receive tuition from expert coaches but also learn from other's first hand experiences."

First held in 1997, the full sports and leisure line up for this third Limbs with Attitude was archery, badminton, cycling, climbing, fitness & conditioning, golf, running, sub-aqua, swimming and tennis, along with new pursuits for 2001, five-a-side football and the slightly more unconventional Belly Dancing and Tai Chi. Information for amputees was also made available on gliding, horse riding, ski-ing and water ski-ing.

Commenting on the 2001 programme, Murray Foundation Director, Susan Shaw said: Regardless of age, mobility or athletic prowess, there really was something for everyone, with people able to try as many or as few of the activities to suit their own fitness level. But we would like to take this opportunity to thank all our volunteer coaches who put so much time and such tremendous effort in to making the event an enormous success once again. We would also like to express our thanks to prosthetic company, Flex Foot, which helped us all look the part by sponsoring t-shirts for participants as well as all the support team.

Everyone's hard work has been rewarded by seeing such grit and determination but, above all enjoyment, on the faces of our Limbs with Attitude participants."



## Volunteer Reception June 2001



On 1st June 2001 a reception was held in the Ebenezer Duncan Centre at the Victoria Infirmary, Glasgow, to thank voluntary organisations and for their dedication and commitment. This coincided with National Volunteers Week and was an opportunity to raise the profile of volunteering throughout the trust.

Pictured left are those representatives of the Murray Foundation Hospital Visitors Scheme and Family Support Providers, who attended.

L-R Mrs M Currie, (Murray Foundation), Blair Robertson (Chaplain SGH), Mr W Currie, (Murray Foundation), Mr J Bruce (Murray Foundation), Mrs Elinor Smith (Chairman), Ms Sandra Fraser (Murray Foundation), and Mr John Thompson (Murray Foundation).

# Support Groups Conference Day - Dean Park Hotel

On Wednesday 26th September the Support Groups had a very successful conference at the Dean Park Hotel in Renfrew.

In the forenoon the Grand Committee convened in the Park Suite followed by a very enjoyable lunch at the Fountain Restaurant. At 1.30pm the committee were joined by the afternoon guests and a gathering of over 70 members sat down to enjoy the 3 invited guest speakers. More details of these presentations can be found below. All of the speakers were very well received and the opportunity to speak to them on a one to one basis after the sessions was much appreciated. There were also representatives from Contact a Family and Help the Aged on hand to allow participants the opportunity to learn more about the work of these important organisations. Contact details for both presenters and associated organisations are also listed below.

All in all a very constructive and informative day was enjoyed by all and special thanks must go to the most helpful and courteous staff of the Dean Park Hotel.

## Benefits and DLA

Synopses of talks given by Myra Fraser, Benefits Advisor & Ewan Souter, Customer Services Manager, Glasgow Disability Benefits Centre.



As of April 2002 there will be a change in name and organisation of what is at the moment known as the Department of Social Security. As of next April it will be known as the Department of Work & Pensions and will be split into two sections - Job Centre Plus and Pensions Directorate. All those over 60 will be dealt with by the pensions directorate while those considered to be of working age i.e. under 60, will come under Job Centre Plus. Myra stressed that the benefits each person should receive is a very individual thing and advised anyone unsure of their entitlement to call her on the number shown below. Ewan stressed the same point for all of those who have applied for DLA or who are appealing against a previous judgement.

### SUPPORT GROUP CONFERENCE DAY CONTACT LIST

Dr Anne Whyte  
Scottish Network for Chronic Pain Research  
University of Stirling  
STIRLING  
FK9 4LA T. 01786 466343

Myra Fraser  
Benefits Advisor  
Laurieston House  
159/18 Pollockshaws Road  
GLASGOW  
G41 1PW T. 0141 420 4130

Ewan Soutar  
Customer Services Manager  
Glasgow Disability Benefits Centre (DLA)  
Corunna House  
Cadogen Street  
GLASGOW  
G2 T. 0141 249 3500

Helen Simpson  
Help the Aged  
Herriot House  
Herriot Hill Terrace  
EDINBURGH  
EH7 4DY T. 0131 556 4666

Susan Green  
Development Officer  
Contact a Family Scotland  
Norton Park  
57 Albion Road  
EDINBURGH  
EH7 5QY T. 0131 475 2608

# Phantom Pain & Phantom Sensation

Synopsis of talk given by Dr Anne Whyte, Director of Scottish Network for Chronic Pain Research.  
(Taken from notes provided by Dr Whyte)

To try and define the word “phantom” we have to explain it in terms of what we know about the nervous system and in terms of how the brain works. Not all of our experiences of our body occur within the boundary of the body. For example, if you hold a pen and tap a table with it, is it your pen or your body that is tapping. This works particularly well if you try this with your eyes shut. So experiencing a limb that is no longer there is not that surprising. Of course, we don't feel every part of our body all the time, only when we pay attention to it. This explains why thinking about phantoms can induce them. For non-amputees, try thinking about your feet. We are not normally conscious of them but as soon as our attention is directed, then we experience the sensation of our feet on the floor.

In the intact individual, pain has a protective function in that it protects us from injury. If nerves elsewhere in the body receive noxious stimulation, we move quickly to avoid further damage. This is usually the “ouch” factor. A longer lasting, dull, throbbing type of pain usually follows this as other nerves are stimulated. These nerves function to encourage us to rest and allow healing to take place. This is the explanation for acute pain following injury.

Chronic pain has a different explanation in that the pain continues after the healing process is complete. This is thought to occur when the nervous system changes the way in which it interprets information and also why it is so difficult to treat. In chronic pain, other factors may also start to play a role including psychological and social factors.

For many years, phantom pain has been seen as a chronic pain and the research that has been done looks at all factors that may contribute to it. More recently, phantom pain has been described as a neuropathic pain and this allows us to explain it in relation to the nervous



system, much in the same way as we can explain acute pain. However, as those who experience it are likely to continue to suffer for many years, we cannot exclude the role of psychosocial factors.

In new amputees, the phantom limb resembles the intact limb. So much so that for the first few months amputees will try to use the limb. As time goes on, people gradually learn that the limb is not there and take care when not wearing their prosthesis. This is not because the sensation has changed but more to do with learning from experience. (e.g. falling when getting out of bed). Interestingly, the phantom limb is not usually felt in its entirety, but is experienced mainly at the distal part of the limb. This occurs because of the way in which our somatosensory cortex is arranged in that more of the brain is given over to the hands and feet, than the rest of the limb. In some amputees, the phantom may also telescope so that it is always experienced within the stump; however, the limb always extends when prosthesis is worn or when the phantom is painful. Phantom pain tends to be episodic and

there are a number of different types. For some people there is a burning pain while others describe it as a cramping. For the unlucky ones phantom pain occurs as a shock like pain that leaves them exhausted. We now know that much of the pain described by amputees occurs as a result of changes in the nervous system. Stimuli that would not normally be perceived as pain can trigger an overwhelming barrage of activity in the nervous system. Moreover, because pain is multifaceted, even psychological activity can trigger a bout of phantom pain. Other things like a cold, tiredness, changes in temperature have all been implicated.

Currently a guideline is being developed that looks at all the treatments for this pain and will be used by doctors to plan a treatment programme that includes trying the most successful first before moving on to more invasive treatments. The guideline will incorporate medical and psychological treatments in addition to things like physiotherapy, acupuncture, hypnotherapy etc. However, we are still along way from having all the answers.

# Complimentary Therapies

**T**hrough-out the UK various forms of complementary therapy are used to help in pain relief, indeed the Murray Foundation has now held two complementary therapy days where amputees had an opportunity to try some first hand. For those of you who were not able to attend these days, we have provided a brief summary below of some of the more commonly used therapies. ***This is by no means a recommendation or guarantee that these therapies will help, merely a guide to selecting a therapy for your own situation.***

## ACUPUNCTURE

Acupuncture stimulates the nerves in the skin and muscle. Fine needles are inserted through the skin and left in position briefly, sometimes with manual or electrical stimulation. This produces a variety of effects. It is reported to increase the body's release of natural painkillers modifying the way pain signals are received and it is said to be able to have an effect on the nervous system, muscle tone, hormone outputs, circulation, antibody production and allergy responses, as well as the respiratory, digestive, urinary and reproductive systems. The number of needles varies from two or more and treatment may be once a week to start with, then at longer intervals as the condition responds. The average number of treatments is about five.

Useful web page [www.medical-acupuncture.co.uk](http://www.medical-acupuncture.co.uk)

## ALEXANDER TECHNIQUE

The Alexander Technique is a way of learning how you can get rid of harmful tension in the body. It is a practical method for improving ease and freedom of movement, balance, support and coordination by releasing unnecessary muscular tension. The technique teaches the use of appropriate amount of effort for particular activity, giving you more energy for other activities. It is not a series of exercises, but a re-education of the mind and body. During a lesson the teacher will observe your posture and movement and also place her hands on your neck, shoulders, back etc to obtain more information about your breathing and movement. A lesson usually lasts between thirty and forty-five minutes and at the start, pupils are encouraged to have lessons frequently, perhaps two or three times a week to establish the new approach to movement. Thereafter lessons are spaced out and are continued for as long as you feel necessary.

Useful web page [www.alexandertechnique.co.uk](http://www.alexandertechnique.co.uk)

## AROMATHERAPY

Aromatherapy uses carefully chosen and blended essential oils, which are readily absorbed into the body, to produce therapeutic results. It has been found to be helpful in stress-related problems e.g. skin problems, poor digestion, aches and pains, sleep problems etc. The oils (which are highly concentrated and rarely used undiluted) can be inhaled, used in massage, or be incorporated into ointments, creams, lotions and compresses. Before any treatment the therapist will conduct a consultation asking about personal and medical history in order to plan an individual treatment for you.

Useful web site [www.dunromin.demon.co.uk/aromatherapy/aromatherapists.org.htm](http://www.dunromin.demon.co.uk/aromatherapy/aromatherapists.org.htm)

## BIO-ENERGY THERAPY

Bio-energy therapy is based on an ancient Chinese form of healing which taps into the web of energy channels that flow through the body. The human body has seven main centres of energy or Chakras and each Chakra controls a different area of the body. It works on the same basic principles as acupuncture but is completely non-invasive. The therapy works on the theory that blockages and imbalances in the energy fields cause illness and that unlocking the energy centres encourages the body to get well again. Bio-energy has been shown to help conditions such as ME, multiple sclerosis, asthma, high blood pressure, arthritis and rheumatism, chronic pain in general etc. sometimes with very dramatic effects.

Further information including details of local therapists is available from **Bi-Aura on 01661 844 899**

## CHIROPRACTIC

Chiropractors diagnose, treat and manage conditions affecting the spine and joints, using manipulative techniques known as adjustments. They restore normal alignment and allow self-healing.

Useful web site [www.internethealthlibrary.com/professionalassociations/chiropractic.htm](http://www.internethealthlibrary.com/professionalassociations/chiropractic.htm)

# Complimentary Therapies continued...

## DYNAMIC RELEASE THERAPY

Over the past decade a massage therapist in Strathaven has been developing a new therapy to help some of those suffering from chronic pain. The therapy, called Dynamic Release (DR) is based on the idea that tension held within the body creates pain both in that area and in other parts of the body. Most people are unaware they are “holding” this tension but may have been suffering from chronic pain for a considerable time. The therapy combines the mind-body teachings of Wilhelm Risch and a basic massage technique known as “crude vibrations” which involves the rapid but gentle shaking of a limb. By bringing the patient’s attention to the tension that they are “holding” they are then able to release the tension by relaxing the muscle. The patient is also instructed in the awareness and relaxation techniques used so that they are able to apply the principles of DR themselves.

Useful web page [www.paulo.redhotant.com/DR](http://www.paulo.redhotant.com/DR)

## HOMEPATHY

Homeopathy is a system of medicine based on the principle “let like treat like”. It is used for treating many ailments both physical and emotional. Homeopathic medicines or remedies come in the form of tablets, drops, granules or powders that dissolve in the mouth. During the initial consultation the client is asked about their medical history and characteristics of their personality, since the whole person is treated not just the symptoms. A diagnosis is then reached, treatment formulated and dispensed.

Useful web site [www.homeopathy.org.uk](http://www.homeopathy.org.uk)

## OSTEOPATHY

Osteopathy recognises that much of the pain and disability that we suffer stems from mechanical abnormalities of the skeletal system as well as disease. Its main emphasis is on the structural and functional integrity of the body. Osteopaths work using their hands in a variety of treatment techniques including passive joint mobilization, high velocity thrust techniques to improve mobility and range of movement at a joint and soft tissue techniques. When you visit an osteopath for the first time a full case history is taken and you will be given an examination. You will normally be asked to remove some of your clothing and perform a simple series of movements. Treatments usually last thirty to forty minutes although the first session is often longer.

Useful web page [www.osteopathy.org.uk](http://www.osteopathy.org.uk)

## REFLEXOLOGY

Reflexology involves massaging areas of the feet. The theory behind it is that every part of the foot corresponds to a specific part of the body. When you first visit a reflexology practitioner, a detailed medical history will be taken. The client will sit on a chair and have his feet examined before commencing with the massage movements. If the area being worked on is out of balance, slight tenderness will be felt in the foot as pressure is applied and the tenderness will determine how out of balance the particular area is. The number of treatments required varies from person to person but generally one treatment a week initially and then as required by the client.

Useful web address [www.reflexology.supanet.com](http://www.reflexology.supanet.com)

## SHIATSU

The philosophy underlying Shiatsu is that vital energy flows through the body in a series of channels called meridians. For many different reasons the energy can stop flowing freely and this produces a symptom. The shiatsu practitioner, after a consultation, will use various techniques to improve the energy flow. These may include a gentle holding, pressing on the meridians and, where appropriate more dynamic rotations and stretches. Each session lasts approximately one hour and although the first session usually takes place at floor level, shiatsu can be received sitting on a chair. The client stays fully clothed.

Useful web site [www.shiatsu.org.uk](http://www.shiatsu.org.uk)

## THE BRITISH COMPLIMENTARY MEDICINE ASSOCIATION (BCMA)

The BCMA is the multi-therapy umbrella organisation, which represents 45 single therapy organisations and 18 independent schools. Its stated aim is “to help deliver safe and efficacious complimentary medicine to the public.”

Useful web page [www.bcma.co.uk](http://www.bcma.co.uk)

## \*PLEASE NOTE\*

THE MURRAY FOUNDATION 5th ANNIVERSARY GALA DINNER  
DUE TO BE HELD ON SATURDAY 10th NOVEMBER 2001  
HAS BEEN CANCELLED.

MR DAVID MURRAY APOLOGISES FOR ANY DISAPPOINTMENT AND  
INCONVENIENCE THIS MAY CAUSE

## VOLUNTEERS WANTED

The Murray Foundation is seeking volunteers to man  
the MF Helpline at weekends and to provide holiday  
cover. Any interested parties should in the first  
instance contact **Susan Shaw** on **0141 580 8564**

THIS FOUNDATIONS MAGAZINE IS  
ALSO AVAILABLE IN

## LARGE PRINT

PLEASE CONTACT THE OFFICE ON

## 0141 580 8564

FOR A COPY

## Amputee Support Groups

### ALF

Fife Gillian Cosgrove 01383 726135

### AYR

Ayrshire Archie Bennie 01294 215208

### PUSH

Edinburgh David Wraight 0131 258 9555

### IN STEP

Falkirk & Donnie McDiarmid 01786 822070

Forth Valley

### SCAFFOLD

Glasgow May Stevenson 01236 609631

(North East)

### TULIP

Glasgow David Lang 0141 576 0565

(North West)

### PAGE

Glasgow Norman McCallum 01236 873459

(Central & East)

### SWAGGER

Glasgow Wallace Currie 01563 522191

(South West)

### RAMP

Inverclyde Agnes Lang 01475 742 723

### LAWSTEP

Lanark John McNeil 01555 770730

### DUNDEE

Tayside Laura Rosbottom 01382 660111

### HIASG

Highlands & Islands Anne Driver 01463 793584

## THE MURRAY FOUNDATION



# Freephone Helpline

## 0800 0282822

### QUIZ LEAGUE

Finale & Xmas Party  
Argyle House Ibrox  
Wed 5th Dec 2001

### COURSES

Rehabilitation Professionals -  
Introduction to Counselling  
Mon 19th & Tue 20th Nov 2001  
Mon 3rd & Tue 4th Dec 2001

Meningitis & Paediatric Prosthetics (in  
conjunction with BAPO)  
Sat 17th Nov 2001, Glasgow

Living with Life-Long Disability (in  
conjunction with BAPO)  
May 2002, Birmingham

CALENDAR OF EVENTS

**RETURNED COPIES:** Murray Foundation 2nd Floor Argyle House Ibrox Stadium Glasgow, G51 2XD,  
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