



International Confederation
of Amputee Associations

Together, we unite the world in one global voice for amputees

May 2019 Newsletter

Two New Amputee Association Members join IC2A in 2019!

In 2015 IC2A was founded by 7 founding member country amputee associations and in 2019 it has now grown to **14 member associations** across **four continents**.

To date in 2019 we have welcomed two new full members:



From Sweden: AmpisLIV <http://ampisliv.se>

This is a newly started association which aims to work of amputees or their relatives in Sweden. Follow them on Facebook:

<https://www.facebook.com/Ampisliv-424592348043708/>



The Zambia Disability Mentorship Forum was formed in September 2018 and registered with the Zambian Agency for Persons with Disabilities in accordance with Zambian law.

The Association have had successful peer group meetings and as they are currently finalising their website have an interim page on the IC2A website:

www.ic2a.eu/zdma/

Current Member Associations

- Australia: www.limbs4life.org.au
- Belgium: Amptraide asbl www.amptraide.eu
- Denmark: Amputationsforeningen www.amputationsforeningen.dk
- France: ADEPA – Association de Defense et Etude des Personnes Amputees www.adepa.fr
- Germany: BMAB – Bundesverband für Menschen mit Arm- oder Beinamputation www.bmab.eu
- Ireland: Amputee Disability Federation Ireland www.amputee.ie
- Netherlands: KMK – KorterMaarkrachtig www.kortermaarkrachtig.com
- Nepal | Nepal Amputee Association www.ic2a.eu/nepal-amputee-association
- Norway: MOMENTUM – Foreningen for arm- og benprotesebrukere www.momentum.nu
- UK: The Limbless Association www.limbless-association.org
- Slovakia: Asociácia Protetických Pacientov (APP) www.appslovakia.sk
- Switzerland: Promembro www.promembro.ch

Our ambition is to have country members from ALL world regions.

Corporate Members 2019

We are delighted that the following corporate members have renewed their membership in 2019:

Gold Sponsors



blatchford

www.blatchford.co.uk



www.ossur.co.uk

www.ossur.co.uk

ottobock.

www.ottobock.co.uk



<https://proffit.com>

Bronze Sponsors

Lindehe Xtend (www.lindhextend.com), Mercuris www.mercuris.com, and Proteor www.proteor.com

A new bronze corporate member for 2019 is Freedom Innovations www.freedom-innovations.com

We hope that more corporate members will [join us](#) throughout the year.

The IC2A Board 2018 – 2020

In May 2018 we held our Annual General Meeting in Leipzig, Germany and our elected Board was formed according to the regulations shown in our IC2A Governing Document. The term office for our elected Board members is 2 years. The IC2A Board is comprised of 3 people elected by our country member amputee associations:

President: Dr Nils-Odd Tønnevold, Norway
Vice President: Dieter Jüptner, Germany
Secretary: Jean-Pascal Hons-Olivier, France.

The Board is supported by a Secretariat Office managed by Sandra Sexton, Secretariat Manager with Angie Weatherhead as IC2A's membership officer.

SAVE THE DATE!

IC2A Think Tank 2019 (Amputee Association Members and Corporate Members)
Topic: On the Future of Prosthetic Services

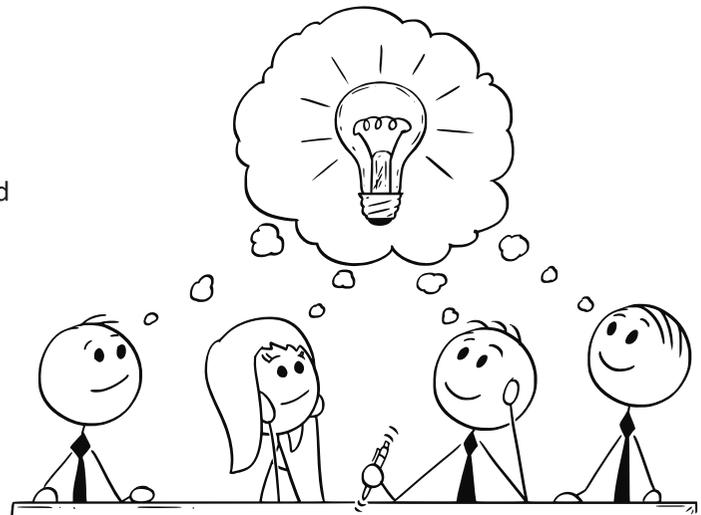
During ISPO 17th World Congress, Kobe, Hyogo, Japan 5-8 October 2019 - Exact date and time to be confirmed.

New Research Training Centre in the UK

IC2A is delighted to be a partner of a new global centre of excellence, the Centre for Doctoral Training (CDT) in Prosthetics and Orthotics at the University of Salford.

The Centre is set to train up to 60 individuals to doctoral level over the next eight years to address the skills gap in the UK and abroad. The University of Salford led a consortium of partners which includes Imperial College London, the University of Strathclyde and the University of Southampton. It brings together the only two prosthetic and orthotic undergraduate UK education facilities (Salford and Strathclyde).

The £11million project, with £5.3M coming from the Engineering & Physical Sciences Research Council (EPSRC), partners the Centre with 27 industry and clinical partners, including two of the largest manufacturers of prosthetic and orthotic devices, Blatchford and Össur as well as NorthWestern University in the US, the global leader in research in the field.



The unique doctoral research training over four years will be complemented by a new Masters' programme operating across all four partner Universities. Students will be supported by national and global industry, and clinical, patient and service partnerships, who will ensure high-quality training, and provide placement and employment opportunities.

IC2A have committed to provide a speaker(s) for a number of the training modules to give the students specific exposure to prosthetics; and for the annual CDT research conference, to give the students a user perspective. We are also pleased to help to disseminate student research findings to our association members.

We know that capacity building of the workforce is needed at all levels of the system for prosthetics and orthotics provision. Research leadership is certainly needed to address the research needs globally on policy, products, personnel and provision of services in prosthetics.

We strongly support the CDT and Professor Malcolm Granat to develop the Centre and look forward to IC2A's involvement.

**IC2A at the 17th World Congress of the International Society for Prosthetics and Orthotics
Kobe International Conference Center, Kobe, Japan
5-8 October 2019**

IC2A will be at the World Congress in October and looks forward to a busy schedule of activities with exact dates and times for some activities to be confirmed shortly.

These include:

IC2A Inspirational Lecture 2019

This will be at the opening ceremony of the ISPO World Congress on Monday 5 October 2019. Our speaker will receive only the second IC2A Inspirational Medal awarded. The speaker, an amputee, will share their engaging real life story. Their story will illustrate that life after limb loss has much to offer and that an individual's goals can be achieved to the highest level. They will convey that access to appropriate prosthetic or orthotic management and rehabilitation has made a difference to their life.

In 2017 Our first IC2A medal winner in 2017 was Giles Duley, a photographer who continues to inspire people around the world every day. <https://www.facebook.com/GilesDuleyPhotography/>

IC2A Annual General Meeting

All full members of IC2A (Amputee Association members) are invited to attend our annual general meeting.

IC2A Think Tank on the Future of Prosthetic Services

This will be a group and plenary discussion session. It is open to one representative per full member association, corporate members, partners of IC2A, representatives of the World Health Organization and the International Committee of the Red Cross.

IC2A Mobility, Exercise and Wellbeing Class

This will be a practical exercise class open to amputees, the secretariat and volunteers, full and corporate members are invited to join this class run by specialist Exercise Physiologist and IC2A volunteer Beth Sheehan.

Basic Instructional Course: Peer support for amputees in the hospital and in the community

This will be chaired by Sandy Sexton (IC2A Secretariat Manager) with speakers: Dieter Júptner (affiliation BMAB), Nils-Odd Tønnevold (affiliation Momentum) and Jean-Pascal Hons-Olivier (affiliation ADEPA).

Peer support is a way of giving and receiving help based on the key principles of respect, shared responsibility and agreement on what is helpful. Peer support offers an empathetic understanding of another person's situation based on a mutual shared experience and can be seen in various setting, informally or formally in someone's life. In recent years there has been more research in this area and more organisations are offering peer support services.

This Basic Instructional Course will consider what peer support services are needed, available and effective with a particular focus on peer support for amputees. It will explore not only examples of peer hospital visiting, but also social forms of peer support.

Photographs, video and social media

IC2A's social media (Facebook and Twitter) will be used to share our experiences of the congress and exhibition – especially the prosthetic technologies and services offered by our members.

Mobility, Exercise and Wellbeing for Amputees

Amputation or limb absence whether related to trauma, disease or otherwise results in a multitude of emotions, physical changes and challenges. Individuals regardless of their level of amputation receive inpatient or hospital care until ideally they are standing and ambulating or finding basic activities of daily living easier. For those born with limb loss as opposed to losing their limb through other means, this also has its challenges. However, the role of mobility, exercise and wellbeing for amputees is much, much more and often the options beyond hospital and general healthcare, regardless of the geographical location, are not discussed.

It is one thing to get out and about post limb loss but it is another to move well with minimal impact on other joints such as knees, hips or low back. Fluidity of movement, combined with balance and confidence in movement is something that can be achieved through effective exercise prescription that is designed for the individual. For those with upper limb loss the adaptation also has its difficulties and impact on the body such as lower back, opposite arm and neck.



Exercise not only assists with improving balance, strength and flexibility but it can also help with improving your mental health, emotions and general well-being. Finding the right type of exercise for you is important in order for you to be able to feel you are able to participate and integrate back into your activities of daily living as well as your community. Not everyone responds to exercise the same way. Exercise doesn't have to be in a gym, in a pool or with weights. If your passion is horse-riding, finding the exercises and transition back on the horse is your exercise direction and goal! Your goal might be work or vocation specific. Finding the types of exercises relevant for you and your goals is the ultimate achievement.

During the rehabilitation phase exercise can be challenging due to pain, phantom pain, emotions and lack of strength and balance due to persistent bed rest. It can be even more challenging when you have added health complications such as diabetes, vascular disease or heart complications. It is therefore important that you are provided and guided through an exercise program that is suitable to you and designed to cater for your exercise needs as well as your pace, regardless of your age, amputation or exercise history.

Exercise can be fun and done within a group setting. If an exercise class is aimed specifically for amputees this provides an added support, network and ability to achieve your physical goals together.

For those attending the ISPO conference in Kobe, Japan in October 2019, IC2A invites you to attend a group exercise class that will provide each attendee with the tools to follow an exercise programme at home or with fellow friends to help build your balance, strength and confidence as well as improve your general well-being and get those endorphins flowing!

Beth Sheehan
Accredited Exercise Physiologist, Consultant
<https://bethsheehan.org/>

Keep up to date with IC2A!

Don't forget to follow IC2A on Facebook [@ic2aASBL](#) and Twitter [@ic2asecretariat](#) We regularly share posts from our Amputee Association and Corporate Members as well as our own news!

Not on Facebook? Then sign up to our website www.ic2a.eu to receive news and updates!