

DOING ACTIVITIES THAT YOU ENJOY

Every person has activities that they enjoy doing—these might be activities that they find relaxing or energising. They are often activities that people choose to do rather than feel that they have a responsibility to do. They are meant to be for fun and can be done alone or with a group of people. Following an amputation, it is important that you still find time to do things you enjoy.

Having said this, it is sometimes frustrating or disappointing when you might have easily managed an activity before your amputation and now find that it is more difficult, it takes longer, or the outcome isn't quite the same as it was before. Some activities will get better with practice, you may find a different way of managing other activities, you may find others too frustrating and choose to replace them with something new.

A number of leisure activities might require some modifications. For example, if you are a tennis player you may choose to practice balancing the tennis ball on your racquet and using the face of the racquet to propel the ball upwards when serving. If you enjoy sewing you might use a tapestry frame to hold your sewing taught and you might stick the point of your needle into a 'blob' of BluTak™ while threading it. If you enjoy fishing, you might use a magnet to hold the hook while you practice tying it to a line with one hand, and while baiting the hook.

Some people who choose to use a prosthesis may have the opportunity to use one of the commercially available terminal devices that are designed to assist with some leisure activities such as a specialized baseball mitt, golf club holder, ski pole holders, guitar plectrums and woodworking tools to name a few. Some people choose to use their conventional terminal device to hold such items as musical instruments, tennis balls, and gardening implements.

You may decide to take up new leisure activities or hobbies following an amputation.

This can be assisted by having a chance to try different activities while you are receiving rehabilitation. Some people swap to a new sporting activity such as ten pin bowling, running or archery.

Other options include outdoor leisure activities such as bike riding, bushwalking, or relaxation activities like Yoga or Tai Chi.

As they say "The world is your oyster" and while it may not always be immediately apparent how you might be able to complete some of your favourite activities, talking to your prosthetist, occupational therapist or physiotherapist may assist you to find a solution. They are experts at looking at the demands of an activity and problem solving ways that you may be able to complete it. This may involve the prosthesis being modified, using an extra piece of equipment or using your body in a different way. The main thing is that you still make time for activities you enjoy.

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