

The Upper Limb Prosthetic Journey

Here is an overview of the prosthetic care timeline and what to expect in each stage.

Your post-amputation rehabilitation will be unique to you and may depend on many factors, including your age, medical history, and overall general health. Your care team will work with you to create an individualized plan and prepare you for what's ahead.



CONSULTATION & ASSESSMENT

The process begins with an assessment and consultation with your healthcare provider. They'll assess your physical and cognitive ability to use a prosthesis, then discuss your lifestyle, needs, and goals to determine which type or types of prosthesis will serve you best.



FITTING

During the fitting process, your prosthetist will determine how you will operate your prosthesis and take careful measurements of your residual limb. After taking a mold or a 3D scan of your limb, you will have fitting appointments to ensure the prosthesis is comfortable and functions appropriately.



BASIC TRAINING

When your prosthesis is ready for you, your prosthetist will show you the basics of how it works and how to take care of it. You'll learn how to put it on and take it off, how to clean it, how to adjust it, and how to operate the different mechanical and electronic parts.



OCCUPATIONAL & PHYSICAL TRAINING

Next, you'll work with an occupational and/or physical therapist to learn how to use your prosthesis in your daily life. You'll strengthen the necessary muscles and drill the necessary movement patterns to accomplish your tasks.



MENTAL HEALTH CARE

While you're working hard to rehabilitate your body, you're also processing a major psychological event. Don't underestimate this part. Mental health professionals and peer support groups can help support this part of your journey, along with the physical part.



For more information, scan the code
or visit [HangerClinic.com/ULResources](https://www.hangerclinic.com/ULResources).

* Hanger Clinic: Upper Limb Prosthetic Specialty Network

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