

Getting Around

How you get from place to place is an important part of regaining your independence. Give yourself time to adapt and find what works best for you.

PERSONAL TRANSPORTATION

Many people living with limb loss are able to return to driving. Cars, trucks, and other forms of transportation can be modified to enable you to drive safely again. Modifications vary depending on your needs and may include:



- Automatic transmission versus manual transmission
- A left gas foot pedal
- A power brake
- Hand controls for brake and gas pedals

Consider whether you might also need a disabled parking certificate to help you to park closer to building entries and exits. You are eligible for a disabled parking certificate if you have a significant permanent walking disability that is not likely to improve.

DRIVING WITH OTHERS

If you will not be driving yourself, think about getting in and out of other people's cars, how easy or hard this is for you, whether you need help, and, if needed, whether a wheelchair will fit into and out of the car.

PUBLIC TRANSPORTATION

Most public transportation is accessible for

use with a mobility aid, such as a wheelchair, walker, or cane. If you prefer to use public transport, consider how you will get on, off, and safely travel. We recommend making your first trips on public transport with a friend or caregiver and visiting the public transport authority in your state to learn more.



AIRPLANES

The best way to help ensure travel without an issue is to plan ahead. Be sure to understand the airport and travel schedule ahead of time, allow extra time, and ask for assistance if you need it. When traveling on an airplane with your prosthesis:



- Consider if you will require assistance with your luggage and/or carry-on bag.
- Sign up for TSA precheck and give yourself additional time to go through security screening.
- Ask for assistance getting to and from the gate if desired, especially in large airports.
- Think about whether you can comfortably and safely walk on and off the plane or if you need wheelchair assistance or someone to help.
- Minimize connections when possible.
- If you have your prosthesis, bring extra supplies, like socks and liners, with you.

It will take time to get used to getting around and traveling with limb loss. Just remember to take it slow, plan ahead, and go for it.



For more resources on adjusting to life with limb loss, scan the code or visit [HangerClinic.com/LimbLoss](https://www.HangerClinic.com/LimbLoss).

 Hanger Clinic **EmpoweredCare**

(09/23) ©2023 HANGER CLINIC