

The Care Digest ... keeping you informed about what's going on in the prosthetic and orthotic industry right here in St. Louis and around the world!

Jo Roe Plays Hard on Her Leg

Jo Roe is a softball player with a unique story. In a game she stole second base, third base and was called "safe" sliding into home plate. But Jo broke her prosthetic leg when she collided with the umpire sliding into home that memorable day.

Eight years ago, Jo was a different person. She was employed in the nursing field, working a second job, going to school and had lost three hundred pounds. Things were looking good! But then her beloved dog jumped in the shower with her. Jo fell and broke her foot and ankle in multiple places.

The surgery and boot that were supposed to set the fragile bones failed; her bones shifted and badly damaged her nerves. The result was four-and-a-half years of chronic foot pain - shooting pain, sharp constant pain, burning pain, pins-and-needles pain. Any pressure, cold, heat or just blowing air made her foot hurt! Jo was forced to get around on crutches.

Eventually, depression set in, and Jo says it was the intervention of folks at the South Side Church of God who "saved my life."

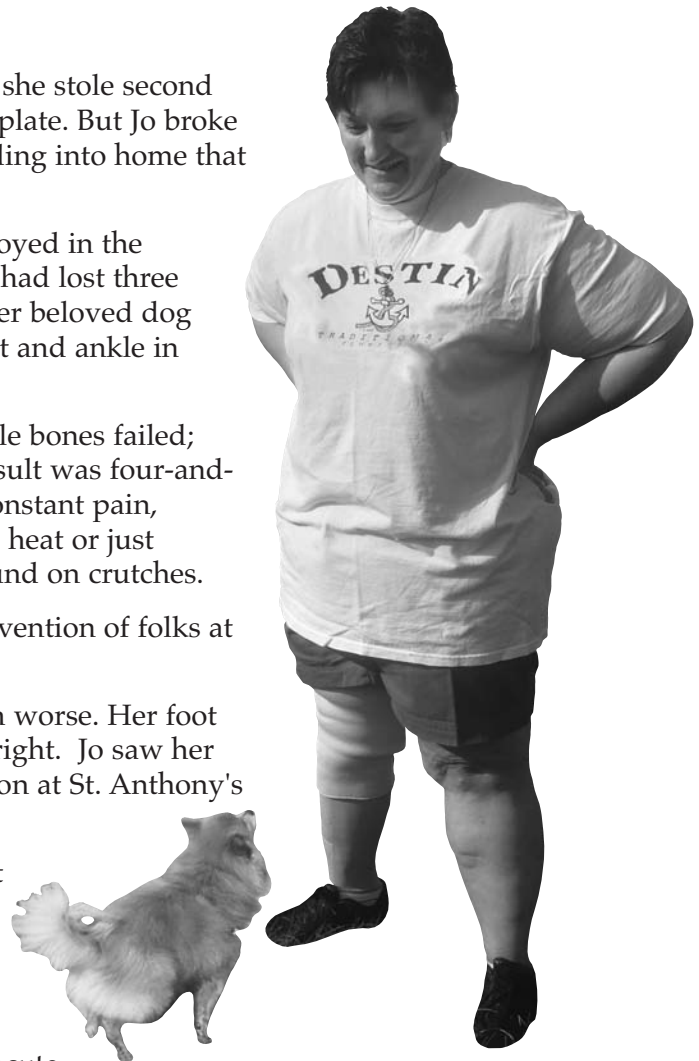
By that time, the situation with Jo's foot had gotten much worse. Her foot turned purple, and her new friends realized that wasn't right. Jo saw her doctor who immediately referred her to a vascular surgeon at St. Anthony's Medical Center.

A lot of people are understandably shocked and resistant when they hear they need to have an amputation, but Jo's response was atypical. "Are you serious?" she said, "I wanted this thing off two years ago!" Jo's leg was amputated below the knee in December 2006.

Jo met Manny Rivera, her new Prosthetist, while on the acute rehab floor at St. Anthony's. When Manny fit Jo with her first prosthesis, she said she thought to herself, "This thing fits like a glove! I have literally no pain."

Although Jo had the phantom sensations of her missing limb that most amputees experience, she says the more she walked the less she noticed. She quickly lost the walker they supplied in rehab and asked to be taught how to ride the escalator on their field trip to the South County Mall. Later, Jo took up softball and volleyball, walks more than three miles a day and has lost another hundred and ten pounds since her amputation.

Jo says the best compliments she and Manny could ever receive are the times people say to her, "I had no idea you didn't have a leg!"



Jo Roe shows off her prosthetic leg.

Missouri Coalition for People with Limb Loss (MCPLL) Barbeque and Washer Toss Event a Tremendous Success!



Competition heated up at the washer toss!

On August 9, the Missouri Coalition for People with Limb Loss (MCPLL) successfully hosted a barbeque and washer toss. We thank all those who attended and donated.

It was a beautiful summer day at the Des Peres City Park Pavilion and everyone enjoyed the afternoon. Free food and games were provided while donations were welcomed in return. All funds donated are used to help generate awareness about prosthetic parity in Missouri.

The barbeque was part of the MCPLL's efforts to raise funds for prosthetic parity legislation in Missouri. It's not too late to join the cause and have a good time if you missed the barbeque. Stay posted for a trivia night coming this winter!

Natalie du Toit becomes one of the first two Amputee Olympians in 104 Years

Just a few years ago it looked like her promising swimming career was over, but this young South African did what no one thought possible.

Natalie du Toit became the first amputee (and the only AK so far) to compete in the Olympics since the 1904 Olympics here in St. Louis. Then the American gymnast George Eyser won six medals, including four gold, with a wooden leg below the knee (Eyser won one event I wonder why we don't have anymore: rope climbing).

After just missing the 2000 Sydney Olympics, du Toit struck a car while riding her motorcycle and terribly injured her left leg. Surgeons tried for a week to save it but were forced to amputate her leg above the knee.

Six months later she was swimming again in the water without her prosthesis, but as things turned out, the pool masked her real ability because it required swimmers to leap into the water and frequently push off the wall.

So Natalie took up the newest Olympic sport, open water swimming or the marathon swim, where she would jump in only once and then compete on an equal footing with the other swimmers.

In Beijing, the ten kilometer race was held at the rowing lake, and du Toit finished sixteenth, ahead of nine other swimmers including one American. She might have finished even better had she not suffered a wardrobe malfunction: her cap snagged on a buoy midway through the race and bothered her the rest of the way, forcing her to miss several drinking stations and leading to severe dehydration.

The other amputee Olympian at this summer's games was the Polish ping pong player Natalia Partyka, who was born without a left arm below the elbow. Both Natalie and Natalia joined Oscar Pistorius, the South African sprinter who barely missed qualifying this year, at the Paralympics in Beijing September 6-17, 2008. There, du Toit won five swimming gold medals, Partyka won a ping pong gold, and Pistorius won three golds in his sprinting events.



Natalie prepares to swim at the 2008 Olympics.

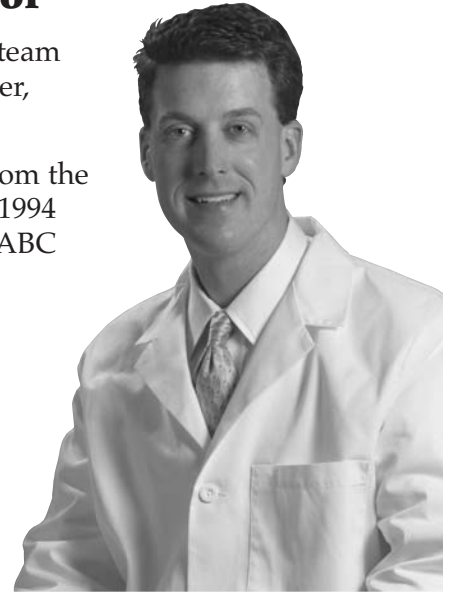
Practitioner Profile **Jon Wilson, Clinical Director**

Jon D. Wilson, CPO, LPO, is P&O Care's Clinical Director and leader of our team of nine Prosthetists and Orthotists. Jon co-founded P&O Care with Jim Weber, CEO, six years ago.

Jon is both a Certified Prosthetist and a Certified Orthotist. He graduated from the Northwestern University Medical School with a Certificate of Prosthetics in 1994 and earned his Certificate of Orthotics from Northwestern in 2002. He is an ABC Certified Prosthetist and Orthotist and is an Illinois Licensed Prosthetist and Orthotist.

Jon is nationally recognized as a leader in the field of upper and lower extremity prosthetic care and hemicorporectomy procedures. In 2004, the American Orthotic and Prosthetic Association awarded him with the prestigious Howard R. Thranhardt Lecture Honorarium for his abstract "A New Concept in Prosthetic Interface Design for Hemicorporectomy Amputees Utilizing ROHO Compression Therapy."

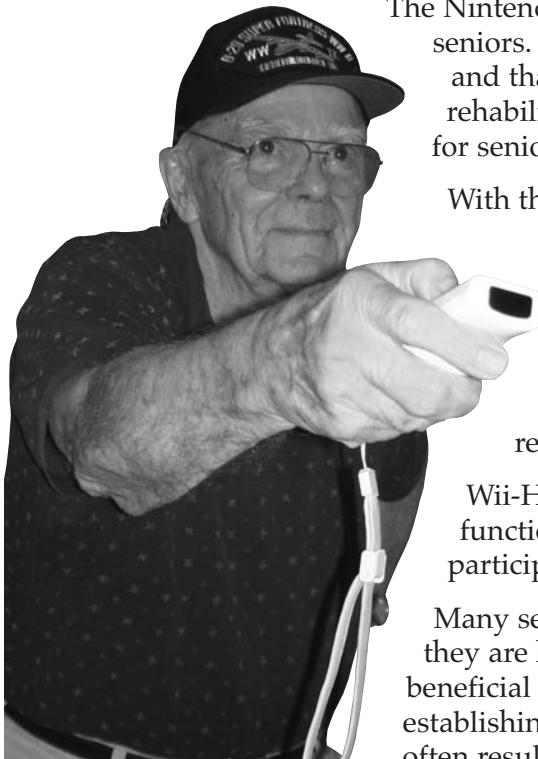
Jon is credited with designing a unique and innovative "body bucket" for hemicorporectomy patients. This custom fabricated prosthesis utilizes a matrix of ROHO cushions that enables people who have literally been cut in half to "float" in a seated position. With their weight and body fluid evenly distributed, they are able to lead active, mobile lives without worrying about skin breakdown.



Jon Wilson, C.P.O., L.P.O.
P&O Care Clinical Director

"Wii-Habbing" - Seniors Are Flocking to Virtual Rehabilitation

Jim Clark is getting magical results with a roll of his arm and a twist of his wrist. At 85 years old, Jim is "Wii-habbing" his knees, bowling with his Nintendo Wii. "What a great, fun way to do my exercises," said Clark. "Now I can bowl again!"



Seniors like Jim Clark are finding new uses for the Nintendo's Wii.

The Nintendo Wii game console is the latest craze in physical therapy for seniors. The Wii is a series of interactive games that have been a hit with kids and that is now being used to help older patients with their physical rehabilitation, gain mobility and confidence. It's proving to be a great way for seniors to socialize and have a lot of fun.

With the Wii, seniors "play" interactive sports computer games like bowling, fishing, boxing, baseball, skeet shooting, or tennis by using a hand-held remote control and a TV screen. The console features a "wand" that responds to movement, rather than a traditional controller. For example, in the bowling game, players mimic the motion used to roll a bowling ball down the alley to knock down the pins. You can play sitting or standing, and yes, you really can work up a sweat.

Wii-Habbing helps patients increase their endurance, motor-skill functions, cognitive skills and hand-eye coordination. The Wii allows them participate in active sports without the fear or danger of physical injury.

Many seniors are initially reluctant to try Wii-Habbing. But once they try it they are hooked for good. The "Wii Sports" video game is particularly beneficial because it focuses less on competition and more on camaraderie and establishing personal achievements. Using the Wii in front of other residents often results in the crowd rooting for the players.

Wii-habbing may just be the future of rehabilitation!

New Jefferson County Location Set to Open for Growing Customer Base

In six years Prosthetic & Orthotic Care has expanded rapidly from its original two founders. Today its staff includes 22 employees and nine experienced prosthetic and orthotic practitioners. To keep up with its growing business P&O will be opening a new location with 1,800 square feet of offices, three patient care rooms, and a full-service fabrication laboratory to add to its centers in Des Peres and Fairview Heights.

For the convenience of customers in Jefferson County, P&O has placed the new location in Festus, 23 miles south of highway 270.

The new address is 1479-D Highway 61: across from Jefferson Memorial Hospital. Our new location will be fully operational by November 1, 2008.

We are already taking calls at (636) 232-2982. We look forward to hearing from you!



New P&O Jefferson County Location



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