

A survey of physical activity levels among male traumatic lower limb amputees

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Abstract

Aim-To assess whether male below knee amputees perceived a difference in activity levels pre and post amputation.

Methods-Male lower limb amputees who had completed their rehabilitation program who did not have any co-morbidities which would have affected their activity level, were included in the study. The study involved a self administered questionnaire, which was based on the Trent lifestyle survey.

Results-86.2% of subjects did not meet the ACSM criteria for health benefits of physical exercise. 77.42% perceive the amputation being the main limiting factor that caused a decrease in their physical activity levels. 50.54% of subjects attributed the stump as the main cause of decreased activity and 26.88% of subjects attributed the prosthesis as being the main cause of decreased activity.

Conclusions-From this study, it can be seen that there is a need to increase physical activity levels among amputees. What is required is a team made up of medical professionals, allied health professionals and exercise instructors, who can provide an enthusiastic, co-ordinated and sustained approach to physical activity.

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Biography:

Joseph Olivelle is currently undertaking a Professional Doctorate at the University of Essex. He is clinical director of the Foot and Ankle Centre London. He is a Member of the Faculty of Podiatric Medicine of the Royal College of Physicians and Surgeons of Glasgow.