LMH Health

Limb Loss

January 2025

Patient Spotlight:

Susie Whalen

"My name is Susie Whalen and I am a transfemoral amputee, which is an amputation above the knee. I became an amputee in January 2023 due to a severe infection from a knee replacement. I received my first prosthetic in May 2023 and a week later, started doing physical therapy at LMH Health Therapy Services. My physical condition at that time was very weak and I had very little stamina to perform the simplest task. My therapist, Jodi Morgan, DPT, instilled in me that there was no hurry for perfection, but to take my time to learn how to maneuver the prosthetic for my advantage.

One of my favorite activities is bowling, and since I'm limited right now with walking, Jodi has figured out a way that I can practice my bowling skills while holding onto a parallel bar. LMH Health Physical Therapy Department is so patient and willing to work with their clients no matter what their disability may be. LMH is extremely fortunate to have such a professional team to assist so many clients in Lawrence and the surrounding communities. I'm extremely grateful for their services and I thank them wholeheartedly!"

Limb Loss Support Group

Please join us to connect with other limb loss survivors! We offer discussion, education, and opportunities to meet with local providers. Meetings take place the second Thursday of the month at 3:30 pm located in Conference Room A in the basement of LMH Health.

- February 13, 2025: Evan Korynta, ADA Compliance Administrator, City of Lawrence
- March 13, 2025: Ted Decker, recounting his river adventures, FollowTed.com
- April 10, 2025: TBA

Email Jodi.morgan@lmh.org with questions

https://www.lmh.org/wellness/events

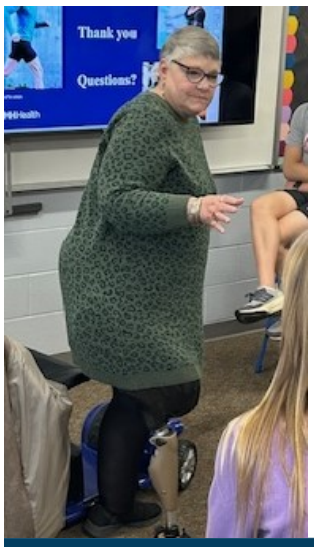
LMH Health

Prevent Falls

One of the biggest fears of people with limb loss is falling. Unfortunately, this is also a common occurrence with many prosthetic users. Here are some tips to help prevent falls according to our physical therapists.

1. Have a well-fitting prosthetic. Check the components regularly for wear and tear. Utilize socks and liners for better fit.
2. Strength and balance training. Good strength will ensure stability while walking and standing. Work with a PT to make an individualized program.
3. Proper foot wear. Wear shoes with traction and without heels.
4. Home modifications. Remove throw rugs and other tripping hazards, such as electrical cords and clutter. Install handrails on stairways and in bathrooms.
5. Assistive devices. Use a walker or cane as needed, especially when outdoors or on uneven surfaces, if needed.

Career Day at Local Middle school



Susie Whalen accompanied PT Jodi Morgan to a local middle school for career day in December. She was able to share her story and how PT has impacted her life. The students were very curious and appreciative to hear her experience.

Provider Spotlight

Jarred Salmans, DPT

"I am from Hanston, KS, a tiny town outside of Dodge City. I graduated undergrad from KU and received my Doctor of Physical Therapy degree from the University of Saint Mary in 2017. I worked as a PT in South Carolina for 6 years at a small rural hospital. I saw a wide variety of patient populations in both inpatient and outpatient settings, including those with lower limb amputations. I returned to Lawrence and have been working here at LMH Health in the outpatient department since February of 2023, and began more of a focus on this population. I really enjoy using my clinical experience, gait training and analysis techniques, and educating my patients on the "why" behind what we do to maximize their functional outcome.

I live here in Lawrence with my wife, 3 1/2 year old daughter, and 6 month old daughter. My oldest daughter and I enjoy taking our dog for walks and checking out as many playgrounds in Lawrence as we can. My wife and I like to hike and watch sports together, especially KU Football. As a PT, I really like getting my youngest daughter to roll, sit upright, and giggle. We will be working on crawling soon! I enjoy golf and being outside with my family around the fire pit."