LMH Health

Limb Loss

November 2024

Patient Spotlight:

Gary Eraas

"I started this process with horrific left foot pain in April 2023. Dr. Kari Hessel was the Vascular Surgeon on duty and discovered I needed immediate surgery due to no circulation in my foot. I had surgery to try to improve blood flow to my leg, but it was not successful. In September 2023, Dr. Hessel performed a transtibial amputation (BKA). The healing process didn't go so well, and in December I had a transfemoral amputation (AKA). My therapy at LMH started immediately with Jarred Salmans**.** He told me he could get me up and running before I knew it. With the therapy, assistance of Corban Myers at Hanger Clinic, and my beautiful prosthetic, I have completed 9 months of ongoing therapy twice weekly. I am up walking with the prosthetic and a walker or cane currently. I have a deep appreciation for all my therapists, including Trent Mazanec and Jodi Morgan, and my doctors to make this transition into my new life as an amputee successful. LMH staff has saved my life!"

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.

- December 12, 2024: Holiday celebration for participants and family members. Bring a snack and wear your best holiday sweater!
- January 9, 2025: Evan Korynta, ADA Compliance Administrator, City of Lawrence
- February 13, 2025: Ted Decker, recounting his river adventures, FollowTed.com

Email Jodi.morgan@lmh.org with questions

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

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Holiday Travel Tips

Thinking of traveling this holiday season? Take the trip! According to a webinar by the Amputee Coalition, traveling offers opportunities for personal growth, cultural exchange, and adventure. Many destinations offer accessible transportation, accommodations, and activities. With proper planning, resources, and mindset, individuals with disabilities can create meaningful and memorable experiences.

Travel Tool Box

1. Extra liner and prosthetic socks
2. Soap and antibacterial cream
3. Allen wrench– for adjustments
4. Duct tape– many uses!
5. Backup hardware– extra screws/valves in case of failure.

Quality of Life after Limb Loss

Experiencing loss of a limb can affect both the physical and mental aspects of a person's life. According to a recent review of journal articles, below are some activities that can improve quality of life:

- Physical and occupational therapy to encourage return to previous activities
- Access to medical care
- Use of prosthetic to improve mobility
- Social activities with family and friends
- Sports activities and fitness
- Employment

Source: Polish Journal of Surgery "Analysis of selected factors determining quality of life in patients after lower limb amputation– a review article" by A. Grzebien et al. Published 4/30/2017.

Provider Spotlight

Jodi Morgan, DPT

"I grew up in Emporia, KS and went to Emporia State University. I attended PT school at KU Med Center and graduated in 2008. I have worked in a variety of settings, and currently practice at LMH Health in the outpatient clinic. My interest in Limb Loss began when one of my patients underwent amputation surgery and I witnessed his journey. I really wanted to learn more about prosthetics and limb loss therapy to help my patient, who had become my friend. Now, I feel it is rewarding to assist patients when learning to use their new prosthetic to achieve their goals for mobility.

On a personal note, I have two children that keep me busy with their activities. I love watching my kids play volleyball, basketball, perform theater, and sing. I am married and my husband and I enjoy taking our family camping and boating. I also like running, taking my dog on walks, kayaking, and reading scary books. "