

## “The biggest challenge working with Linda? Keeping up with her!”

These words of Mike Hall, CPO, are a testament to the fortitude and determination of Rehabilitation Technologies of Syracuse patient Linda White.

Linda, age 52, has been an amputee for a relatively short period of time. She elected to have her left leg amputated below the knee last September 26, following a seven-year battle with osteomyelitis. The bone infection, which began in her heel, led to seven years of pain and agony. “I was always sick,” Linda said. “I didn’t want to be unwell any longer so (last fall) I was mentally ready to have (the amputation) and to get going again.”

And get going is exactly what Linda’s been doing!

Mike fit her with her first prosthesis in January and since that time she’s been ready to go. A volunteer emergency medical technician (EMT), she works out of two rescue squads located in the area near her Norwood home. She received her training from Canton College and has been working in the field since 2001. She has advanced (Level 3) critical care certification to treat more severe accident victims. She enjoys the fast pace of the work.

However, before her surgery last fall, Linda’s illness kept her from enjoying life and her job. “I spent seven years in and out of a wheelchair,” Linda said. Choosing amputation was difficult, but she knew it was time. Married to Bill, the couple has an adult daughter who resides in Albany and two dogs, a yellow Lab and a Golden Retriever. She enjoys gardening in the summer, is an active volunteer at her church, and is considering returning to school. “I’m still deciding what courses to take,” she mentioned.

Getting back on her feet following the surgery was easy. Linda was introduced to Mike and Terry Hall by her physical therapist in the hospital. “I was considering going to Albany where my daughter lives to get my prosthesis,” Linda said. “He said why would I do that when Rehab Tech comes here twice

a month and is awesome. He reminded me, if I’d ever have a problem or concern, they are right here.”

Linda’s first prosthesis is an Ottobock roll-on liner with Bulldog Tool lock suspension. She wears an Ottobock Triton foot assembly, which is perfect for her active lifestyle, giving her excellent



energy return and safety and stability with a foot that adapts easily to the wide variety of surfaces she

walks on. “We fit her for those components because of her high activity level,” Mike said. “The Triton is a very high functioning foot.”

Mike also plans to add the Harmony Suspension System to her socket in the near future. “Linda is so motivated to proceed and do well that it’s important for us to match her demands to the performance of her prosthesis.”

He added, “She is already successful with walking and climbing ladders. Now she just needs to change her style a bit to know she can’t be chasing fire trucks down the street!”

Slowing down isn’t really in Linda’s nature however. During her recovery, she remembered the words her mom used as

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motivation. "Mom's words ring true! She'd say 'do it' and that's what I am doing," Linda said.

"When I went in for surgery, I threw out the self pity and sympathy. Determination and stamina are what I needed. I set my mind to it and I'm getting it done," She added.

She also credits the team of rehab professionals, including her physical

therapist and Rehab Tech's team, in helping her achieve success so far. "I don't want to be babied," she said. "There's so much I can do!"

And she knows whom to count on to help her through this process. "Mike and Terry calmed my initial anxieties about my prosthesis. They give me all the time I need to get answers and are always there for me," Linda said.

"They listen and explain things. They are compassionate and caring. They always make me feel comfortable," she added. "I cried when I put my leg on for the first time and walked without the bottom of my heel hurting for the first time (in years).

"It's amazing what I can do and feel now. I am so thankful for them."

## Katie Maneen Named Paralympic Team Alternate



Rehab Tech patient and Utica College junior Katie Maneen earned a spot as an alternate on the U.S. Paralympic Track and Field team! Katie placed second in the women's 200-meter dash (with a time of 31.18) and third in the 100-meter dash (with a time of 14.96) at the U.S. Paralympic Track and Field Trials held in June in Indianapolis.

"It's pretty exciting to be selected as an alternate, especially since I just started running about two years ago," Katie said.

Katie wears a Cheetah running leg, the same prosthesis as Olympian and Paralympian runner Oscar Pistorius of South Africa.

The Frankfort-Schuyler, New York, native raced successfully earlier this year at the Mt. SAC Relays, the world's largest track and field competition, which took place at Mt. San Antonio College in Walnut, California. In 2011, Maneen won silver in the 200-meter dash and bronze in the 100-meter finals at the U.S. Paralympic National Championships.

Congratulations, Katie!

## Harmony® System Controls Volume and Enhances Comfort

The Harmony® System from ottobock is an active volume management system for transtibial amputees. The technology creates an elevated vacuum between the patient's liner and socket wall, promoting natural fluid exchange and a secure fit.

The Harmony System reduces variations in limb volume through a total surface weight-bearing socket; a mechanical vacuum pump that draws air out of the system during normal walking; a sealing sleeve that makes an air-tight seal with the user's liner and body; an adjustable shock absorber; and a torsion adapter to increase walking comfort and relieve the strain on joints and the spine.

The key to the system is the pump, which draws the entire surface of the liner onto the socket, relieving pressure from the residual limb and allowing fluids to be more easily drawn back into the leg during swing phase. This increases healthy fluid flow and maintains consistent volume to reduce forces on the limb.

Studies have shown the Harmony System reduces tissue elongation and displacement, and also helps users achieve a more symmetrical gait pattern by allowing

them to spend almost as much time on their affected side as on their contralateral side.

The improved linkage also increases proprioception, the sensory nerve ending that supplies the brain information concerning movement and position of the body.

As with all technology, not every prosthetic component works for every patient.

Discuss with your Rehab Tech practitioner whether the Harmony System is suitable for you.





## ABC Accreditation Renewed

Rehab Tech received its re-accreditation by the American Board for Certification in Orthotics, Prosthetics and Pedorthics (ABC) in April. To attain ABC accreditation, all patient care facilities must comply with certain business requirements as well as the appropriate ABC patient care standards for the physical environment and organizational function of the firm. These include patient care, performance

management, product safety, facility safety, and supplier compliance. Each of these categories contains a set of standards unique to the specific type of accreditation an organization is seeking. ABC's standards are high, so when a facility is accredited by ABC it is the mark of exceptional quality.

Congratulations, Mike, Terry, Jeremy and everyone at Rehab Tech!

## Paralympians Prepare for London Games

From the August 29 opening ceremony to the closing ceremony on September 9, an elite group of more than 4,200 athletes from 160 countries will face-off in London at the largest Paralympic games to date. This year's competition returns to its birthplace in England and is sure to be extraordinary!

The Paralympics are held immediately following the Olympic games in the same venues in the host city. These games showcase the talents and inspirational stories of the world's top physically disabled athletes. Competing athletes include those who are visually impaired or blind, have amputations, cerebral palsy, spinal cord injuries, and traumatic brain injuries or stroke. This year South Africa's Oscar Pistorius will compete in track and field in both the Olympics and the Paralympics, a first for any athlete in the world.

The event roster for the 2012 Paralympic games includes 20 sports: archery, athletics, boccia, cycling (road and track), equestrian, 5-A-Side football, 7-A-Side football, goalball, judo, powerlifting, rowing, sailing, shooting, swimming, table tennis, sitting volleyball, wheelchair basketball, wheelchair fencing, wheelchair rugby, and wheelchair tennis. Events will be held at Olympic Park venues, as well as venues both across and outside of London.

For details of the games and information on live streaming of the events, visit [www2.teamusa.org/US-Paralympics.aspx](http://www2.teamusa.org/US-Paralympics.aspx).



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Bottom Image: Image by Populous

## Help Us Serve You Better

Finding out what our patients think about our practice is important to us. Your opinions on how we do business help us to improve patient care and maintain our accreditation. To do this we have partnered with two innovative firms, Quality Outcomes and OPIE Software, to launch an online patient satisfaction

survey program. But to get started we need your help!

Please provide us with your email address so that we can forward the link to the survey to you. You can do this by calling our office at 315-426-9920 or 800-242-1769, or by sending an email with the subject line PATIENT SURVEY to us at

[RehabTech@verizon.net](mailto:RehabTech@verizon.net).

As with all the personal information you share with us at Rehab Tech, your email address will be used for this purpose only and is always kept in the strictest confidence.

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## HELPING OUR PATIENTS REACH THEIR GOALS

### 2012 Denali Challenge Warriors Conquer the Mountain!



With a theme of “5 Wounded Warriors. 4 Good Legs. 3 Wars. 2 Generations. 1 Mountain.” a team of five wounded warriors set out in June to conquer the highest mountain in North America, Denali (Mt. McKinley) in Alaska, all the while testing their limits, stamina, and endurance and raising awareness of the abilities of our nation’s wounded warriors. The five members of Team Warfighter Sports include two double leg amputees, two single above knee amputees and one wounded warrior with severe muscle damage in the legs and represents two generations (the oldest is 64 and youngest is 29) and three wars, Vietnam, Iraq and Afghanistan. They are Army Capt. Jesse Acosta (Retired-Iraq),

Army Sgt. Kirk M. Bauer, JD (Retired-Vietnam), Marine Capt. David Borden (Active Duty-Iraq), Army Sgt. Neil Duncan (Retired-Afghanistan), and Army Cpl. Steve Martin (Retired-Afghanistan).

The five departed from Anchorage and spent 18 days ascending to 15,500 feet on one of the coldest mountains in the world. They reached this elevation before having to turn back to camp at 14,000 feet due to severe weather, including an avalanche in higher elevations and weather conditions that were beyond their control.

To read more about their journey, visit [www.warfightersports.org](http://www.warfightersports.org).