

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

Brochures, Fact sheets

- Amputee Coalition of American. **First Step: A Guide for Adapting to Limb Loss.**
- Michigan Medicine Frankel Cardiovascular Center. **How to Care for Yourself after Amputation**
<http://www.med.umich.edu/1libr/CVC/Vascular/CareForYourselfAfterAmputation.pdf>
- University of Michigan Orthotics & Prosthetics Center. **Resource Guide for Persons with Limb Loss 2024**
<https://medicine.umich.edu/sites/default/files/downloads/Amputee%20Resource%20Guide%20%202024.pdf>

Magazines

- Amputee Coalition of American. **inMotion**.

<https://www.amputee-coalition.org/limb-loss-resource-center/publications/inmotion/>

inMotion is published bimonthly for amputees, caregivers and healthcare professionals, providing timely and important information on a wide variety of topics related to amputation.

Books

General Reading

- Cristian, Adrian. **Lower Limb Amputation: A Guide to Living a Quality Life**. New York: Demos Medical Pub, 2006.
- Malchow, Dee. **Alive & Whole Amputation: Emotional Recovery**. Levittown, PA; Helping Hands Press, 2016.
- Riley, Richard. **Living with a Below-Knee Amputation : A Unique Insight from a Prosthetist/Amputee**. Thorofare, NJ: SLACK, 2005.

Biographies & Inspirational Reading:

- Maynard, Kyle. **No Excuses: The True Story of a Congenital Amputee Who Became a Champion in Wrestling and in Life**. Washington, DC: Regnery Pub, 2005.
- Rigsby, Scott, and Jenna Glatzer. **Unthinkable: The True Story About The First Double Amputee To Complete The Work-Famous Hawaiian Ironman Triathlon**. Carol Stream, IL: Tyndale House Publishers, Inc., 2009.

Audiovisual Resources:

- **Amp Life Talk Radio Podcast.** Empowers people affected by limb loss to help them safely connect with other amputees to share their experiences, find emotional support, learn coping skills, and achieve their full potential through education, support, and advocacy.
- **Real Life Video Productions. There is Life after Amputation.** Westland, MI: Real Life Video Productions, 2005. (DVD)
The personal stories of the amputees involved in the Amputee Support Group at Saint Joseph Mercy Hospital in Ann Arbor, Michigan. The group discusses coping, peer support, family involvement, goals, challenges, hobbies and interests.
- **Thio, Patricia, and Kent Allison. Armed for the Challenge.** Loma Linda, CA: PossAbilities: Distributed by Inland Empire Health Plan, 2007. (DVD; 20 min.)
One man's story of surviving and thriving as an above elbow amputee. Iron Man athlete Willie Stewart trains to compete in the physically challenged Triathlon USA competition. View online at: <https://vimeo.com/13014411>

Web Resources

- **Amputee Coalition of American Limb Loss Resource Center**
<http://www.amputee-coalition.org/limb-loss-resource-center/>
This organization strives to empower people with limb loss through education, support and advocacy. The Information Center section of the site offers fact sheets, easy-read materials, videos, articles and more.

- **Facebook Sites** - Type the group names below in the search box on Facebook to find.
 - **Amp Up Amputees**
 - **Amputee Peer and Support Group**
 - **Amputee Help & Support Line**
 - **Not Broken: A Support Group for Amputees**
 - **Cosi Talks**
- **Society for Vascular Surgery - Amputation**
<http://www.vascularweb.org/>
 - Click on “**Patient and Referring Physicians**”
 - Click on “**Vascular Treatments**”
 - Click on “**Amputation**”

This site provides an overview of the amputation procedure, including when it is necessary and what happens during and after surgery.

Michigan Medicine Resources

- **Michigan Medicine Orthotics & Prosthetics Center-**
<http://www.uofmhealth.org/medical-services/orthotics-and-prosthetics>
In this center experts assess each patient’s individual needs and custom design orthoses and prostheses to meet those needs.
For more information call (734) 973-2400.

- **Michigan Medicine Rehabilitation Medicine: Amputation**

<https://www.uofmhealth.org/conditions-treatments/rehabilitation/amputation>

A multidisciplinary team provides prosthetic care and comprehensive management of the adult and pediatric amputee. For more information call (734) 973-2400.

- **University of Michigan Community Amputee Network (U-CAN)**

<https://tinyurl.com/4bknx4uv>

This support group is open to amputees and family members. Helps amputees learn from each other and allows for sharing of questions and concerns. Contact the Support Group to receive a monthly newsletter. For more information:

- Phone: (734) 975-7432
- E-mail: U-CAN-Michigan@umich.edu

- **University of Michigan Limb Loss Support Coordinator**

The Limb Loss Support Coordinator can provide information and resources, answer questions, and arrange peer visits between amputees with similar amputations.

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E-mail: cvollmer@med.umich.edu or U-CAN-Michigan@umich.edu

Patient Support Organizations

- **Amputation Foundation**

This organization empowers amputees through education, advocacy, and support.

<https://amputationfoundation.org/>

- **Amputee Coalition of American**

<http://www.amputee-coalition.org/>

This is a non-profit amputee consumer education organization, representing people who have had amputation or were born with limb differences. This organization also provides national support group information.

1-888 -267-5669

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