

Digit amputations can be a life changing event.

Whether your amputation is due to disease, infection, cancer or trauma it is normal for people to experience reduced function, changes to body image and anxiety about the future. This fact sheet aims to provide details of your journey following amputation and the options that are available to you to assist in your recovery.

Peke Waihanga - Artificial Limb Service is a specialist whole of life service whose goal is to enable patients to achieve independence by delivering prosthetic, orthotic and rehabilitation services. For digit amputees there are multiple different options to support recovery and engagement in meaningful and important activities.

Some people may decide not to wear a prosthesis. It is important that individuals are made aware of the possibilities and options of an assessment to support that decision.

A referral to Peke Waihanga can be made by a health care professional or self-referral via our website: www.pw.co.nz/services/forms



Contacts

Auckland Centre

7 Horopito Street,
Mount Eden, Auckland 1024
☎ 0508 630 630
✉ auckland@nzals.co.nz

Hamilton Centre

222 Pembroke Street,
Hamilton 3204
☎ 0508 838 838
✉ hamilton@nzals.co.nz

Tauranga Centre

160 Fraser Street,
Tauranga 3112
☎ 0508 434 434
✉ tauranga@nzals.co.nz

National Office

☎ (04) 385 9410
✉ info@nzals.co.nz

Wellington Centre

42-46 Mein Street,
Newtown, Wellington 6021
☎ 0508 389 389
✉ wellington@nzals.co.nz

Christchurch Centre

330 Burwood Road,
Christchurch 8083
☎ 0508 383 383
✉ christchurch@nzals.co.nz

Dunedin Centre

464 Cumberland Street,
Dunedin 9016
☎ 0508 474 474
✉ dunedin@nzals.co.nz

Learn more about Peke Waihanga

- 🖥 www.pw.co.nz
- 🖥 www.orthoticservice.co.nz
- 🖥 www.peersupport.nz

Find Peke Waihanga online

Follow Peke Waihanga on social media for the latest news, stories and events:

📘 Peke Waihanga

📷 @pekewaihanga

🌐 Peke Waihanga

📺 Peke Waihanga

Peke Waihanga
Artificial Limb Service



Produced with support from Limbs 4 Life Inc.

FACT SHEET

Life Following Digit Amputation



What can I expect at my assessment?

You and your support person will meet with members of the rehabilitation and prosthetic team.

During this meeting we will discuss your goals, daily activities, work and hobbies. The purpose of this information is to explore what prosthetic options would match your lifestyle and goals. Your prosthetist has in-depth knowledge of the different prosthetic options alongside the therapist who can explore ways to support the use of your prosthesis within daily activities.

We will also discuss and explore the funding pathways that are available to you at this stage.



What prosthetic options are available?

Protection

Following amputations people can experience pain, sensitivity or vulnerable areas of skin. To support engagement in daily activities some people may benefit from a prosthesis that protects your remaining digit. These are normally made from silicone and can assist in reducing discomfort when using your affected hand in activities.

Cosmetic

A cosmetic prosthesis restores the cosmetic appearance of your digit and can provide a level of protection. The finished product is matched to your skin colour and can include details such as freckles and veins. Silicone restorations have no moving parts but can be prepositioned with wires to assist in some activities such as grasping objects.

Functional

Functional prostheses restore the length of your affected digit and allow movement. The movement is either driven by the intact joint or by using your other hand. The type of functional prosthesis available depends on the level of amputation and will be discussed with you by your prosthetist and therapist.

What rehabilitation therapy can I expect?

It is likely that following your amputation you will require a period of rehabilitation to support the healing and recovery of your hand. A therapist can support you to increase hand range of movement and strength and reduce sensitivity. If you have been provided with a prosthesis, our Peke Waihangā therapist will also help you to integrate use of this into your daily routine. With your agreement, your rehabilitation therapy can include collaboration between your Peke Waihangā therapist and your hand therapist.

What other assistance may be available?

Assistive devices

An assistive device is the name given to equipment which aids your ability to do things.

Such items may include specialised knives and forks, adapted kitchen equipment, and bathroom

options such as taps which flick off rather than turn off.

An assessment by an occupational therapist can support in exploring equipment, devices or techniques which will enable you to participate in activities that are essential and important to you.

Psychology support

An amputation is a significant change to your body and your life. Everyone reacts differently to the loss of a limb/s and it is completely normal to feel strong emotions such as anxiety, worry and fear.

A psychologist provides suggestions that can help you to navigate the emotional journey of recovery following amputation.



For more helpful resources, please visit our website: www.pw.co.nz/resources