
This version is available at https://strathprints.strath.ac.uk/47875/

Strathprints is designed to allow users to access the research output of the University of Strathclyde. Unless otherwise explicitly stated on the manuscript, Copyright © and Moral Rights for the papers on this site are retained by the individual authors and/or other copyright owners. Please check the manuscript for details of any other licences that may have been applied. You may not engage in further distribution of the material for any profitmaking activities or any commercial gain. You may freely distribute both the url (https://strathprints.strath.ac.uk/) and the content of this paper for research or private study, educational, or not-for-profit purposes without prior permission or charge.

Any correspondence concerning this service should be sent to the Strathprints administrator: strathprints@strath.ac.uk
Physical activity for health in prosthetic rehabilitation: are we doing enough?

Sarah Ann Deans, MSc

Department of Biomedical Engineering incorporating the National Centre for Prosthetics and Orthotics
University of Strathclyde, Glasgow, UK
The three little P’s

P Population – people with limb absence

P Problem – physical INactivity

P Promotion - of physical activity
The Population
People with limb absence
The Problem
Physical Inactivity

In Scotland
“72% of women and 59% of men are not active enough for health”

Promotion of Physical Activity
Definition of Physical Activity
What does active living mean to you?

Early years
0-4

Adults

Children and young people 5-18

Older adults 65+
What is the evidence saying?

- People are generally inactive
- Decrease in leisure activity post-amputation
- Post-amputation perceived social standing is important
- Sense of mastery is linked to an increase in participation in activity
What else is the evidence saying?

- Positive body image related to sport
- Physical, psychosocial and societal barriers
- Are high performance prostheses really necessary?
UK Health Professionals and Physical Activity Promotion Survey

Are you a UK-based healthcare professional caring for people who have limb absence?
If so, your views on physical activity promotion and your knowledge of physical activity guidelines are important to us.

UK Health Professionals and Physical Activity (PA) Promotion Survey
A team of researchers from the University of Strathclyde are keen to understand if and how physical activity for health could be promoted in people with limb absence.

To take the survey or simply find out more, you can follow this link:


The survey will take about 10 minutes to complete.

If you would like to have the information or complete the survey in a different format please contact:
E: care@bournemouth.ac.uk
T: +44 (0) 1202 433599
National Centre for Prosthetics and Orthotics, 64-65 Larkhall, UK

Survey participants will have an opportunity to enter their details into a random draw to win an iPad Shutter.

The University of Strathclyde is a distinctive, independent higher education institution in Scotland, a member of Universities UK.
Early survey results

Healthcare professionals knowledge of physical activity guidelines
Gender differences
Encourage participants from Wales and Northern Ireland

The survey will close at the end of March 2014
Acknowledgements

Thank-you to those who have already completed the survey.

And to

Dr David Rowe, University of Strathclyde

Dr Alison Kirk, University of Strathclyde

Dr Anthony McGarry, University of Strathclyde

Dr Angus McFadyen, AKM Statistics

sarah.deans@strath.ac.uk

http://www.strath.ac.uk/biomedeng/