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Physical activity for health in prosthetic rehabilitation: are we doing enough?

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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”

The Scottish Executive. Physical Activity Taskforce.
Let’s make Scotland more active.
Promotion of Physical Activity
Definition of Physical Activity
What does active living mean to you?

Early years
0-4

Adults

Older adults 65+

Children and young people 5-18
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?
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:

bit.ly/16gt212
The survey will take about 10 minutes to complete.

If you would like to have the information in a different format please contact:
E carl.strathclyde@shrcl.ac.uk
T +44 141 233 5059
National Centre for Prosthetics and Orthotics, 64-65, UK

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

The University of Strathclyde is a department of the University of Glasgow, a charity (No 532848).
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
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