



## Recreation is very important after amputation

Following the loss of a limb or limbs it is important that you continue some kind of physical activity.

This fact sheet outlines the benefit of sport and recreation, along with giving you some ideas about which activities might be of interest to you.

### Why?

Just like everyone else you still need:

- fun things to do
- ways to socialise
- to look after your physical and mental health

Sports and recreation can:

- help your motor skills and independence
- increase your quality of life and confidence
- decrease other health problems

**Remember:** after amputation the rest of your body will be under greater pressure to do more. You will need it to support you more than ever in order to do every day things, so look after your body. Research shows that being active is good for your health.

### Which activity is right for you?

Ask yourself, "Do I want to do the same things as before or is it a good time to try something new?"



**Remember:** Paralympians are amazing and inspiring! BUT most of us weren't aiming to be in the Olympics before we had an amputation, so you don't have to now in order to enjoy sport, just do it for fun!

### Not into sport?

What about recreational activities instead? Have you ever considered flying an aircraft, fishing, dancing, playing a musical instrument, gardening, horse riding and/or taking part in local community based activities?

Some organisations make it easier to join in and have a go. For example: 'come and try days' which allow you to 'test out' an activity and equipment.

### How can I get involved?

Depending on the activity, your amputation, general health and fitness and abilities, you may be able to return to your previous activities with no problems OR you may need some assistance from healthcare professionals and assistive devices OR sometimes it's just a matter of learning as you go along.

**TIP:** If it's safe, take a video of yourself trying to do the activity OR take a video of someone else doing it and show this to your health professional to help them understand what you need assistance with.



Some sports are easier than others following amputation but there are still so many to choose from. There are lots of sport and recreation activities that amputees can be involved in, these include:

- Archery • Basketball • Fencing • Hand Cycling • Lawn Bowls • Powerlifting • Wheelchair Rugby • Shooting • Swimming • Table Tennis • Wheelchair Tennis • Athletics - track or road wheelchair racing or field events such as discus, shotput and javelin, power lifting (lower limb amputees only) • Skiing • Snowboarding • Ice Sledge Hockey • Cycling • Canoeing/kayaking/rowing • Sailing • Sitting volleyball

To figure out if you need assistance and what that assistance might be, answer these questions honestly and take your responses to the healthcare professional who can best help you:

1. Can you do your chosen activity the way you need/want to?
2. Do you know which activities you would like to try?
3. If yes, have you tried any of them?
4. If no, what is stopping you? (For example: problems bending down, poor balance, your prostheses gets in the way, you don't have the right equipment)?

**limbs4life**

For more information contact Limbs 4 Life  
**1300 78 2231** (toll free)  
 Email [info@limbs4life.org.au](mailto:info@limbs4life.org.au)

[www.limbs4life.org.au](http://www.limbs4life.org.au)