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REHABILITATION  
MATTERS



# Mary's story

Mary is 89 and lives alone in her own home. In December 2017 she had a through knee amputation because of problems with the blood supply to her leg due to diabetes.

Following the surgery, Mary was admitted to the Irvine Rehabilitation Unit in Bexhill. She was discharged home with support from the Joint Community Rehabilitation Team (JCR). The team helped Mary with activities of daily living, such as personal care and meal preparation, to help build her independence. The Physiotherapists and Occupational Therapists worked with Mary to find techniques to manage her mobility at home using a wheelchair.

It was originally thought that Mary would not be able to have a prosthesis due to an ulcer on her other foot, but this healed and in late 2018, Mary was provided with a prosthetic leg. She attended Outpatient Physiotherapy to build up her strength and stamina so that she would be able to wear the limb, and with advice and support, began to wear it in safe environments.

Mary's goal was to wear the limb to church and to be able to stand up during the service. At first, she needed to get used to how to put the limb on and work the knee bend mechanism. When she was tired she found it hard to turn and keep an even gait.

The JCR again visited Mary in her home to look at how she could safely access her bathroom and garden and get in and out of the front door.

Mary is now going to church, spending time in her garden and getting on with life. She said: "Following the amputation, the physiotherapists from the JCR have been very supportive and helpful. They are professional and patient and their aim is to boost your confidence and help you have a better life. It has been a joy to know them and we have shared a few laughs along the way. I shall always be grateful to them."

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