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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.
A strategy for physical activity. 2003.

Promotion of Physical Activity



Definition of Physical Activity

What does active living mean to you?

Early years
0-4



Adults



Older
adults 65+

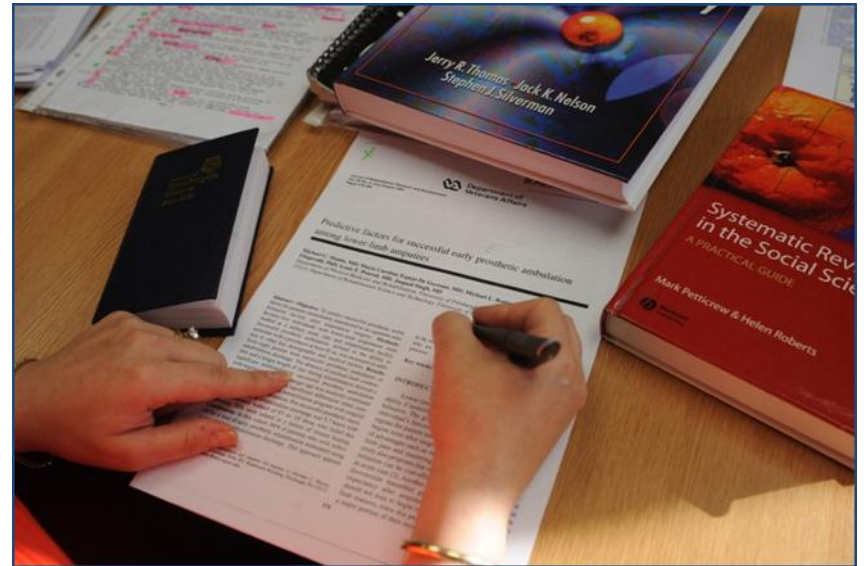


Children
and young
people 5-18



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 *e/*lse 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



<http://bit.ly/16gt212>

The background of the poster shows two people from the waist down. They are wearing blue and red patterned cycling jerseys and light-colored shorts. The person on the right is wearing a colorful, multi-colored prosthetic leg and a grey sneaker. They are standing next to a bicycle. The University of Strathclyde Glasgow logo is in the top right corner.

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 or complete the survey in a different format please contact:
E: sarah.deans@strath.ac.uk
T: 0141 548 3929
National Centre for Prosthetics and Orthotics, G4 oLS, 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 charitable body, registered in Scotland, number SC04265

A smaller QR code is located in the bottom right corner of the poster, providing another way to access the survey.

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.

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Dr Anthony McGarry, University of Strathclyde

Dr Angus McFadyen, AKM Statistics

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



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Glasgow

**UK Health Professionals and Physical Activity
Promotion Survey at <http://bit.ly/16gt212>**