



Welcome to our very first newsletter issue coming to you from Orthotic And Prosthetic Technologies.

We look forward to providing you once a month with new and different technologies in Prosthetics, and to introduce you to many of our clients, our three Amputees on Staff, and our Practitioners.

Orthotic & Prosthetic Technologies, Inc. (OPT) was started in 2004 by Aaron Foreman MSPT, CPO. Aaron, and his fellow Practitioners and staff, focus on providing top quality personable service to each patient utilizing the latest state of the art technology available.

We welcome your comments or questions. Please feel free to contact us via website, phone or email.



## Coming in May 2007 OPT Newsletter:

Feature article of OPT employee Frieda Borth.

### Coming Events:

**April 26<sup>th</sup> Round Rock Amputee Support Group meeting**  
[www.rramputee.com](http://www.rramputee.com)

**May 5<sup>th</sup> Amputee Support Group Fishing Activity at Lake Bastrop** Each Amputee will have a bass fisherman to take them fishing in their bass boats and then a great picnic afterwards!

Call Frieda @512-791-8864 or email at [friedaborth@optaustin.com](mailto:friedaborth@optaustin.com) for more details.

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RETURN SERVICE REQUESTED

# GEORGE HERNANDEZ

## Determined Hip Disarticulate Amputee



Hip disarticulation amputee George Hernandez has always been a determined person. In 1974 George became an amputee due to cancer, his leg was removed through the hip.

Hernandez knew his senior year that he was going to lose his leg, but prolonged the procedure so he could walk across the stage for his diploma. When George got married this year, he was set on walking unassisted for the ceremony as well.

For his wedding and life's other tasks Mr. Hernandez is using a new custom prosthesis. The prosthesis is comprised of a special socket and the state of the art **C-Leg**, which is manufactured by Otto Bock. The lightweight but strong socket was designed and fabricated by O P T practitioner Aaron Foreman M.S.P.T.,C.P.O. The first casting down to the final laminated product has been a very rewarding project for the OPT staff.

Walking with a hip disarticulation prosthesis uses a lot of energy. According to studies, a person using a hip prosthesis of this type expels as much as 125% to 200% more energy daily than the average person. Core strength and stamina are key to successfully using the prosthesis.

Due to the energy and strength needed to use



**Some Gait Work**

his prosthesis Mr. Hernandez has worked very hard at the gym and during physical therapy sessions. Aaron, who is also a certified physical therapist helped the client specialize his workout plan to specifically target operating his prosthesis.

It has been a truly incredible sight to see George go from crutches to walking with just a cane or even unassisted at times.

OPT would like to congratulate George on his marriage and the new freedom gained from his prosthesis.



**Aaron Aligning George**

## C-LEG INCREASES EFFICIENCY



Since the initial release in 1997, the Otto Bock C-Leg continues to improve with each version. The leg contains a truly automated knee that is stable, improves gait and helps the user expend less energy.

Using a microprocessor in the knee and sensors in the prosthesis the C-Leg offers some never imagined features. The microprocessor in the automated limb receives readings from sensors at a rate of 50 times per second. The leg calculates acquired data and reactively adjusts. If a person changes walking speed, negotiates uneven terrain, stops suddenly, climbs up or descends a hill the device will adjust appropriately .

C-Leg certified OPT practitioner Aaron Foreman M.S.P.T., C.P.O. favors using the C-Leg for his above-the-knee amputees, when practical. Energy savings and stability of the leg make it a great choice for the above knee patient.

The C-Leg can be programmed into different modes. The leg is setup using provided C-Soft software and a laptop. The first mode is set for everyday use. A second mode can be set for an additional movement or exercise. A person can easily go from walking to another activity requiring a different range of motion. A remote control is used to switch modes.

The C-Leg is powered by a lithium ion battery. A fully charged battery can last from 30 to 45 hours depending on activity level.

The C-Leg is one of Otto Bock's most popular prosthetics. To find out more information about the C-Leg you can refer to [www.ottobockus.com](http://www.ottobockus.com) or contact Aaron Foreman, at Orthotic and Prosthetic Technologies.