

# Team OPT

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## LOCATIONS

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Austin, TX 78757  
Phone: (512) 377-2323  
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### SAN MARCOS CLINIC

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Phone: (512) 754-9928  
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### ROUND ROCK CLINIC

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Ste 1200  
Round Rock, TX 78665  
Phone: (512) 255-4400  
Fax: (512) 255-4404

### TEMPLE CLINIC

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Suite C  
Temple, TX 76504  
Phone: (254) 771-2700  
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[www.OPTtexas.com](http://www.OPTtexas.com)

## Amputee Peer Visiting & Support

We, at OPT, now have 3 certified amputee peer visitors on staff-- Frieda, Louisa, and Heather. We are able to offer this service at no charge to Austin and our surrounding communities. Facing amputation can be very trying, upsetting, and sometimes depressing, to name just a few of emotions and feelings someone may experience. Often a visit from someone who has been through a similar situation, and just to see someone walking and back enjoying life, will assist in making a real difference for an amputee or someone facing amputation. Please call for a pre-amputation or after surgery visit.

Frieda facilitates the Round Rock Amputee Support Group that meets the 4<sup>th</sup> Thursday of each month at Round Rock Medical Center. They also have an activity every other month.

Please call our office or Frieda at 512-791-8864 or email at [friedaborth@OPTtexas.com](mailto:friedaborth@OPTtexas.com) for more info about Peer Visiting or The Amputee Support Group.

### Amputee Support Group Fishing Day



The Round Rock Amputee Support Group is having their 6<sup>th</sup> annual fishing trip on May 23rd at Lake Bastrop North Shore. The Austin Christian Bass Club and anglers from the Women's Bassmaster Tour volunteer their beautiful bass boats, so each amputee has an angler with gear furnished, and a guest to go fish for 4 hours on Lake Bastrop. Then, we come back and have a fantastic picnic with everyone bringing a dish. What a great day!!! Call Frieda or email for more details. (info above)

### Prosthetic Insurance Parity

Our Prosthetic insurance parity Bill passed the Texas Senate, and as our newsletter goes to print, it is actually on the Governors desk to be signed. Our journey to get this passed began 4 years ago. Many people have participated, and this is an extremely important bill for amputees across Texas. What this essentially means for amputees with insurance, is that insurance companies can no longer put caps or limits on prosthetic coverage (they had been slowly limiting prosthetic coverage). Your coverage will be what the rest of your policy allows. This is a major accomplishment. We are so close. Many thanks to all of you that have worked so hard on getting this passed.



ORTHOTIC &  
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# Amputee Highlight



Louisa Garrod had a motorcycle accident on October 5, 2002, which destroyed her knee. She initially had an external fixator from her ankle to her thigh, two broken clavicles, a broken scapula, and road rash down the right side of her body and face. She suffered through a limb salvage attempt for 4 months, which involved 2 surgeries. Louisa credits her great support from her family for helping her get through this very difficult time. After 4 months of steadily losing weight, and being in severe pain, she was left with the options of amputation or a non-functional leg. She made the difficult decision to have an above the knee amputation (Feb '03). Louisa received her first prosthesis, which consisted of a total knee and locking liner, at the end of April '03.

Louisa says it was very difficult trying to figure out how to do things that she had always done. After experimenting, things began to fall into place. The best part was she could now live on her own. Her children could get back to their own lives as she regained her independence.

Louisa began working with Aaron Foreman, C.P.O. in 2004 when he opened his own practice (OPT). She is currently billing coordinator for OPT, and is also a certified amputee peer visitor. She says it gives her a lot of joy to be able to let a new amputee know that life has not ended, and that they will be able to do just about anything they did before, just a little differently.

Louisa is a very active person as you will see. One of her passions is working in her yard and gardening. She mows with a push mower, weed eats, rakes her own yard, and takes care of 4 very large flower beds and a vegetable garden. She enjoys using her total knee while doing her yard work.

She also loves gambling, black jack being her favorite, and horse and dog racing. She started playing 8 and 9 ball billiards in Jan '05 at Shenanigans (all women teams) with her best friend. Louisa says "I had never shot pool before, but needed something to get me out in the community. Everyone was very supportive and let me find my own way of learning the game and my stance. Our team has two trophies for winning our division and one second place. We just try to have fun and not be so serious. I have my own billiard table in my garage to practice".

She also loves salt water fishing whether it is bay fishing or deep sea. Louisa says, "I know several guides in the Port Aransas/Rockport area that have been very helpful in assisting me do something I thought I would never be able to do again. It takes a while to get yourself adjusted to the boat rocking, but you eventually get the hang of it. At first I was nervous about casting (since I can't raise my right arm up all the way) while bay fishing, but the captain cast for me several times until I practiced enough, and now I can cast my own. The best is being able to eat some of the best seafood around. My goal is to retire somewhere along the Texas coast".



Louisa is the Mother of 2 children (Angie and Jason), Grandmother of one grandson (Bradley) (18), Step granddaughter (Samantha) (17) and a brand new grandson (Jacobi), born on April 1, 2009.

Louisa likes to quote Albert Einstein "Life is like riding a bicycle. To keep your balance you MUST keep moving". She adds: "I think limitations live only in our minds. But if we use our imaginations, our possibilities become limitless".



## OPT Technical Corner

Louisa has two prostheses currently. She wears her total knee working in the yard, and then has the newest C-Leg, also, which she is especially enjoying with the stance control mode while playing pool and general walking.

### Total Knee® 2000 by Ossur



Total Knee 2000 imitates true knee motion with its natural and fluid movement. It is based on a simple, polycentric design. A geometric lock makes it difficult to collapse when in full extension during heel load. Total Knee offers effortless movement, requiring less energy expenditure than many other prosthetic knees.

### C-Leg Microprocessor Knee by Otto bock

With C-Leg® microprocessor-controlled knee you can speed up, slow down, take on hills, and go down stairs step-over-step—all with a secure, more natural gait.

The microprocessor that controls the C-Leg® receives feedback from multiple sensors 50 times a second, allowing the knee to anticipate your next move and make adjustments in real time. This keeps your knee stable when you weight it, free-swinging when you step through—and always ready to support you if you stumble. The C-Leg® offers several functional modes. A new "standing" mode lets you lock the leg yourself between 7 and 70 degrees, helping you use less energy no matter what you stand for. Switching between modes is as easy as bouncing on your toe—or a press of the wireless remote control.



Louisa's frog socket (personalized laminated socket) on her Ossur Total Knee and Talux foot

Louisa's UT socket on her Otto bock C-Leg and Ossur Variflex foot.