



Helping Amputees Nationwide Return to Normal, Happy Lives

Truly understanding what an amputee goes through in life drives the philosophy of our company. Here, it's about providing innovative prosthetic technology, one-on-one personal attention and nurturing guidance.



Who We Are

POP OPC Solutions Team is passionate about providing the highest level of care to patients across the country. One-on-one personal attention and nurturing guidance makes POP OPC leader in the industry and a destination clinic for amputees across our country. Our ultimate goal is to help patients achieve the highest level of comfort and mobility allowing them to return to a normal, healthy and happy life.

OUR PURPOSE

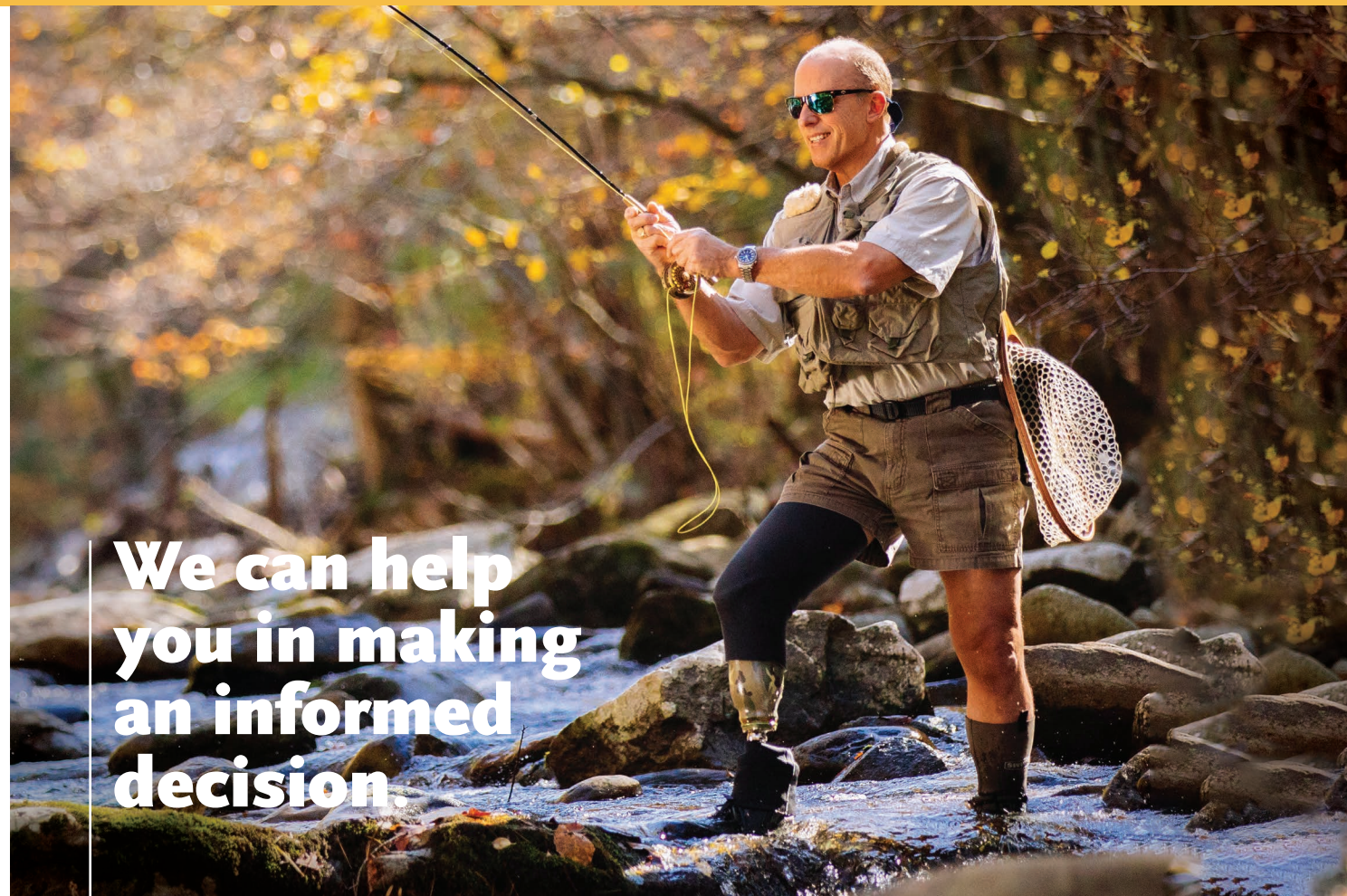
We truly believe that the challenges you face every day can be overcome with attention to detail, care, compassion, faith and the correct guidance. When the POP staff connects with you and becomes emotionally invested in your well-being, the level of care and commitment only grows. Our ultimate goal is to help you achieve the highest level of comfort and mobility allowing you to return to a normal, healthy and happy life.

WHAT IS A CERTIFIED PROSTHETIST?

A certified prosthetist is a health care professional specifically educated and trained to manage comprehensive prosthetic patient care. They will evaluate, measure, create and fit the prosthesis (or new leg) to you. They will continue to follow you through your journey to monitor your comfort and activities.

Making an Informed Decision

Prosthetic Solutions



We can help you in making an informed decision.

Each situation that calls for orthotic or prosthetic management is unique. Complications from diabetes, sports injuries, physical trauma, mobility limitations, children with disabilities and other medical conditions present unique challenges whose solutions can be found in the fascinating world of orthotics and prosthetics. Trained and credentialed providers partnered with innovative products in the O and P profession make it possible for people with physical disabilities to live their lives with renewed confidence, comfort, and independence.

When a family member is confronted with a need for orthotic or prosthetic care, it is understandable to feel overwhelmed. This guide offers prosthetic solutions that can make life easier for both patient and caregiver. We invite you to use this guide to increase your awareness of the processes, assistive devices, options and services available.

It is very important to work with a trained and credentialed prosthetic provider. Prosthetic fitting requires education, expert skill and experience. Each situation is unique and requires the personal attention, training, and experience of your provider.

We are here for you to answer your questions and give you the personal attention you and your loved ones deserve. It is an honor to be of service.

LOWER EXTREMITY PROSTHETIC SOLUTIONS

When considering a lower extremity prosthesis, it is important to be aware of the many factors that influence the prosthesis selection. We are here to help!

Prosthetic options for the lower extremity amputee are greatly influenced by his or her potential mobility and activity level. It is important to remember that once fitted with your long-term prosthesis, changes in activity, weight, goals, and expectations can warrant a fitting for a new, more appropriate prosthesis.

Advances in the prosthetic profession have led to an overwhelming number of knee, foot, and prosthetic component options. ***You are not alone in this life-altering decision, our skill and expertise will ease the process.***

No two prosthetic experiences are alike. We are here to help fit you with the best components to enhance the quality of your life and help you achieve your goals now and in the future.

UPPER EXTREMITY PROSTHETIC SOLUTIONS

When considering an upper extremity prosthesis, it is important to be aware of the options available and other factors that influence the prosthesis selection. We are here to help!

Prosthetic options for the upper extremity amputee include cosmetic restoration, a body-powered prosthesis, electrically powered prosthesis, a hybrid prosthesis, or an activity-specific prosthesis.

The type of prosthesis selected is based on many factors, including the level of amputation, the condition of the residual limb, an individual's goals and any work-related requirements. Many times, more than one prosthetic option is for the individual to accomplish all of his or her goals.

Prosthetic component choice is often related to an individual's activities in which the prosthetic will be used, appearance of the prosthesis and/or the emotional and psychological aspects of using a prosthesis.

We will make sure you understand all the options available and will give you the opportunity to decide which is most appropriate for the lifestyle and needs of you or your loved one.

Timeline of Events

Below is an overview of our process to provide you with the best care possible.

Thank you for trusting us with your Prosthetic care. The info below outlines our process and the participation between you, your physician, and the POP team. We look forward to serving you.

1. Consultation: Pre-op or 1–3 Days Post-op

- You will meet with one of our patient navigators or prosthetists. This might be done before surgery or after surgery while you are in the hospital or rehab facility. We will review the process, go through this folder and answer any questions you may have. It is an opportunity to get to know each other and for you to talk about your goals, desires and concerns post-amputation.

2. Complete a Face-to-Face Visit with Your Physician: 2–6 Weeks Post-op

- A visit with your provider (doctor, nurse practitioner or physician assistant) is required by insurance carriers to consider coverage for your prosthetic device. This is often accomplished at the 2 or 6 week post-op appointment with your surgeon.
- Please notify our staff when this appointment is scheduled. We MUST know before the appointment so we can have the necessary documentation to that physician's office.

3. Initial Evaluation: 2–4 Weeks Post-op

- This appointment allows for one of our prosthetists to begin a journey with you to ensure future success. This is usually done in our office after the amputation and the prosthetist will work with you to develop a plan of care specific to your prosthetic (new leg) requirements. Measurements are taken and the types of devices will be discussed with you. An order or script is needed from your doctor for this appointment.

4. Insurance Prior Authorization

- Most insurance carriers require prior authorization so once we receive the completed documentation from your physician's office, we will submit all required documentation to your insurance for prior authorization.
- After paperwork is submitted to insurance, the authorization may take 10–15 days.

5. Fabrication of Prosthetic Device: 6–8 Weeks Post-op

- We must have approval from insurance and approval from physician to proceed.
- Your limb volume should have stabilized. Therefore, wearing your shrinker as indicated is important.
- The exact process may vary depending on device. You may be able to receive your prosthetic limb in the same day. Other methods require multiple appointments for casting, fitting, follow up and then final delivery.

6. Delivery of New Prosthesis

- This is the beginning and not the end. Your prosthetist will optimize the fit of your prosthesis, analyze your gait and will discuss many things such as how to put prosthesis on and take off, the wear schedule, continuing with physical/occupational therapy and other items you are going home with.

7. Follow-Up

- After the delivery appointment, you will have a series of follow-up appointments that will ensure the ongoing fit and alignment of your new prosthesis. We will work hand-in-hand with you, your physician and your physical or occupational therapist to help you reach your goals.

*There is never any charge for your consultation or initial evaluation appointments. No charge will occur until your device is delivered to you.

Thanks for your participation in achieving a positive outcome in your prosthetic care.



Preparing for Your Prosthesis

AFTER SURGERY

While it is a complicated process, amputation has affected millions and has not stopped many people from living active and healthy lives. While the recovery and the prosthetic process is unique to each individual, there are some residual limb care routines and prosthetic device maintenance tips that apply to most amputees.

Preparing for the use of your prosthetic limb requires both desensitization of the skin on the residual limb and strengthening of the muscles surrounding it. Your physician will direct you based on your needs.

MASSAGE

Early massage of the residual limb will help develop tolerance to both touch and pressure. Massage can be performed through your compression bandage or sock. A soft, gentle kneading motion works best, applying gentle pressure over the entire limb, including the sutured area. Once the sutures are removed pressure can be increased to access the deeper soft tissues and muscles. An effective massage lasts at least five minutes and can be done three to four times a day or even more if it helps to reduce phantom limb pain.

TAPPING

Gentle tapping of the residual limb with fingertips is an effective way to desensitize the limb and ready it for wearing of the prosthesis and is generally allowed even before sutures are removed. Tapping is most effective when done for one to two minutes, three or four times a day. The intensity of the tapping can increase as healing of the sutured area progresses.

PROGRESSIVE RUBBING TECHNIQUE

Start with a soft material like a cotton ball and gently rub the skin of the residual limb using a circular motion. This can be done for two to three minutes twice a day. When tolerance of the cotton ball has been achieved, progress to something a little rougher, like a paper towel. Finally, move on to using a terry cloth towel. This technique should be done until gentle friction from the towel can be tolerated.

INSPECT THE RESIDUAL LIMB

It is important to inspect the residual limb for redness or any unusual skin problems. Using a long-handled mirror, inspect the residual limb whenever the compression dressing is changed. Later, a daily inspection of the limb should be sufficient. Be sure to report anything unusual to one of your rehab team members (your physician, physical therapist, or prosthetist).

MOBILIZATION OF THE SCAR TISSUE

Mobilization of the forming scar tissue is another vital routine to guarantee greater comfort when wearing a prosthesis. Before the incision heals, press two fingers on the bony part of the limb, press firmly and use a circular motion on the skin and underlying tissue. Once the incision is healed, perform the procedure over the scar, using the circular motion to loosen the scar tissue. This can be done daily.

Preparation for Fitting

PROSTHETIC SOCK AND LINERS

It may be recommended that you wear a prosthetic sock or cushioned liner as a protective layer over your residual limb. It is not unusual to experience fluctuations in the size of your residual limb, especially early on. It is often necessary to adjust the fit of your prosthesis. All supplies and liners should be replaced every 6 months.

SOCKS

A common way to adjust fit is through the use of prosthetic socks. They are measured by thickness or “ply” and usually are available in one-ply through six-ply options. As the size of your residual limb decreases, different combinations of sock plies can be used to keep the prosthesis fitting snugly.

LINERS

A gel liner is an interface that goes directly against the residual limb. A gel liner can provide cushioning and even pressure distribution and reduce friction.

IF YOU ARE GIVEN SOCKS:

1. Keep a written record of your sock size and thickness from your first fitting.
2. Track any changes.
3. Report changes to your prosthetist.

IF YOU ARE FITTED WITH A GEL LINER:

1. Check the liner for signs of damage
2. Clean daily with a mild, non-allergenic soap and warm water. Do not use bleach or soaps with perfumes, lotions, or deodorants. Blot dry with a towel and hang to dry overnight.
3. Be sure to return the liner to its normal position as soon as possible after cleaning. Do not leave the liner inside out.
4. Store the liner away from direct heat.



Össur Comfort Shrinker



Knit-Rite® Prosthetic Socks



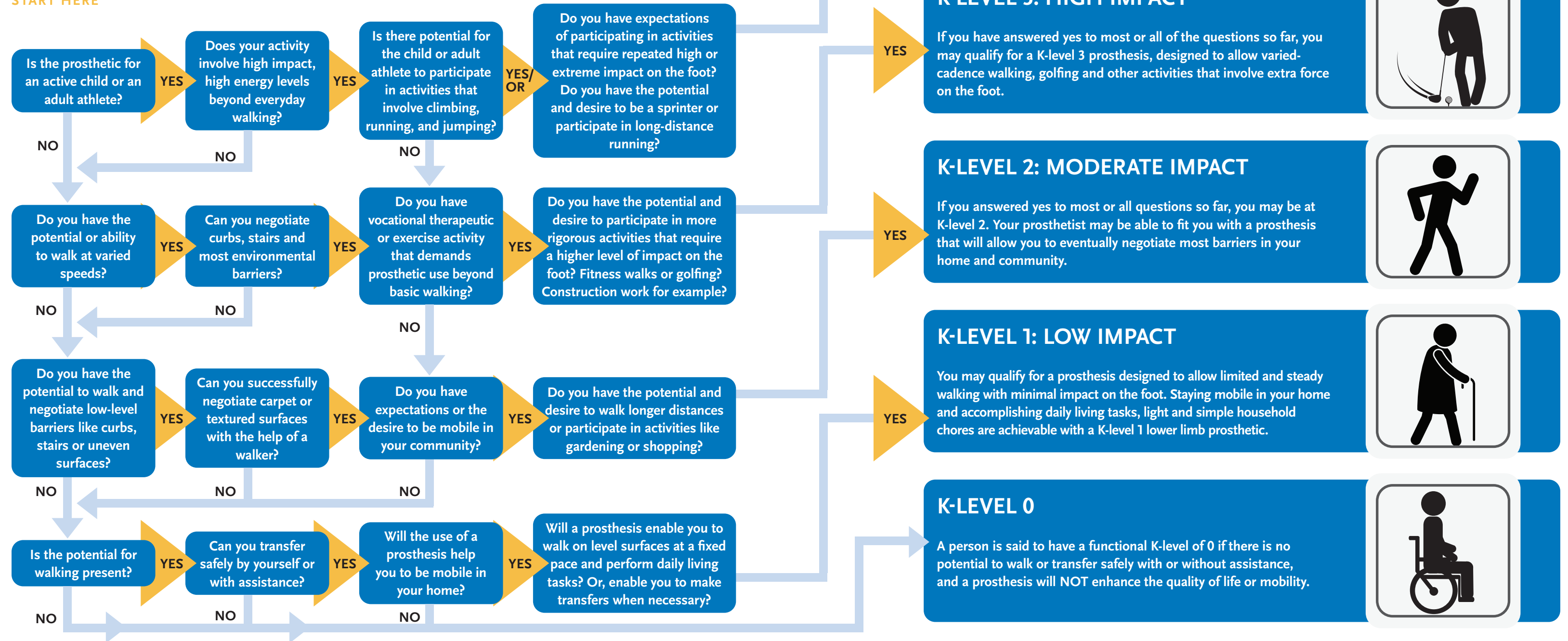
Össur Iceross Pin and Suction Liner

Assess Your Prosthetic Needs

WHAT IS YOUR FUNCTIONAL K-LEVEL?

A patient's general health, height, weight, and the length and shape of the residual limb are all factors a prosthetist will consider when creating a prosthetic care plan. These factors and the patient's predicted mobility level will help determine which prosthesis will help a patient function at his/her desired activity level. Medicare created a system to rate a patient's functional mobility level as it relates to component selection (socket knee design, foot type, etc.). Use this guide to help you understand the process your provider uses to determine the best fit for your activity level.

START HERE



K-LEVEL 4: SPORT / EXTREME IMPACT

A K-level 4 prosthesis is designed to absorb extreme repeated impact with the most variance in cadence. Athletes involved in high-impact sports and children involved in normal childhood activities are good prospects for a K-level 4 prosthesis.

K-LEVEL 3: HIGH IMPACT

If you have answered yes to most or all of the questions so far, you may qualify for a K-level 3 prosthesis, designed to allow varied-cadence walking, golfing and other activities that involve extra force on the foot.

K-LEVEL 2: MODERATE IMPACT

If you answered yes to most or all questions so far, you may be at K-level 2. Your prosthetist may be able to fit you with a prosthesis that will allow you to eventually negotiate most barriers in your home and community.

K-LEVEL 1: LOW IMPACT

You may qualify for a prosthesis designed to allow limited and steady walking with minimal impact on the foot. Staying mobile in your home and accomplishing daily living tasks, light and simple household chores are achievable with a K-level 1 lower limb prosthetic.

K-LEVEL 0

A person is said to have a functional K-level of 0 if there is no potential to walk or transfer safely with or without assistance, and a prosthesis will NOT enhance the quality of life or mobility.

Learning to Use Your Prosthesis

HYGIENE INFORMATION

As any other item you wear on your body, it is important to keep it clean.

PERSPIRATION

Because your residual limb will be enclosed in a plastic socket, perspiration is likely. This can be a source of skin problems, odor, and bacteria. Sprinkling a small amount of baking soda can help and changing your prosthetic sock more often could also help keep things drier and more comfortable. With consistent use of your prosthesis, perspiration will most likely subside.

SOCKET CARE

Clean daily with anti-bacterial soap and water or rubbing alcohol. A practical routine might include cleaning at night before bed, allowing time for your residual limb and socket to dry completely overnight. If you use alcohol, wipe out any traces remaining with a damp cloth.

REHABILITATION PROCESS

New prosthetic users undergo a rehabilitation process that includes a team of professionals. Your physician, prosthetist, physical/occupational therapist and others cooperate to help increase your mobility and independence.

Physical therapy will help you learn to use your new prosthesis correctly in a safe environment. Learning to walk on different surfaces is a regular part of the rehabilitation process.

Your prosthetist will play a key role for as long as you wear your prosthesis. Rely on us for your best source for guidance.

HELPFUL POINTERS FOR REHAB:

1. Closely follow the wearing schedule set forth by your prosthetist.
2. Use an assistive device, like a cane, to help you gradually increase the weight you place on your prosthesis.
3. Even when you are not wearing your prosthesis, stay active and build your stamina.

Lower Extremity Prosthesis



Liner

Fits over the residual limb and provides a layer between your skin and the socket. It adds cushion and provides a better fit for your socket.

Sock

Worn over the liner and under the socket. Helps manage volume changes in the residual-limb so the socket continues to fit well throughout the day. Socks come in different thicknesses called plies.

Socket

A rigid, lightweight outer frame that provides structural integrity and safety. A well-made socket provides comfort and control and will prevent skin irritation. The socket is custom designed and fit to each person.

Sleeve

May be used with a below knee prosthesis. Helps secure the prosthesis onto the leg.

Knee

For above knee prosthesis only. Allows for knee movement.

Pylon

Used to adjust length and angle of prosthesis.

Ankle/Foot

Provides structure, comfort and stability.

Foot Shell

Silicone cover that fits over the inner foot structure. Provides a life-like foot that fits in any shoe or sandal.





What to Expect: General FAQ

Q: What is phantom pain?

A: Phantom pain sensations are described as perceptions that an individual experiences relating to a limb or an organ that is not physically part of the body. As many as 80% of amputees experience some kind of “phantom” sensation in their amputated limbs.

wound has healed and the tissue swelling is decreased. This process can be easily attained with guided exercise and rehabilitation. During this stage, your medical team also will be concerned with maintaining proper shape of the residual limb, as well as increasing overall strength and function.

the prosthesis is uncomfortable, too loose or too tight. Ask questions about things you need or want to do. Communicate honestly about your needs. The more you communicate with your prosthetist and therapist, the better you will be able to succeed with a prosthesis.

Q: Is there treatment for phantom pain?

A: The most common approaches for treatment are medication, mirror treatment, stump stimulation and cognitive therapies.

Q: What if the prosthesis doesn't fit right?

A: Follow-up is as important as the initial fitting. You will need to make several visits for adjustments with your prosthetist as well as training with a therapist. They can help with pressure areas, and problem solve issues, leading you to regain the skills needed to adapt to life after limb loss. Tell your prosthetist if

Q: How long will it last?

A: Depending on your age, activity level and growth, the prosthesis can last anywhere from several months to several years. In the early stages after limb loss, many changes occur in the residual limb that can lead to shrinking of the limb. This may require socket changes, the addition of liners or even a different device. Later on, increased activity level and desire

for additional function can necessitate a change in the prosthesis or its parts. Once you are comfortably adjusted and functioning at the desired level of activity, the prosthesis may need only minor repairs or maintenance and can last for an average of three years.

Q: Does Medicare or private insurance typically pay for a prosthesis?

A: Medicare, Medicaid and most private insurance carriers will provide coverage for a prosthesis. Letters and prior authorization can be obtained from private insurance carriers to help the patient understand his or her financial obligation in advance. When possible, patients should establish a “contact person” in the insurance company to help them fully understand their coverage. When considering reimbursement, it is also important for the patient to communicate to the prosthetist any vocational, leisure and athletic goals along with any pertinent medical history such as skin breakdown, weight loss or gain or any changes in overall health. This information will help the prosthetist communicate with the insurance company the medical necessity for a new prosthesis.

Q: What can I do to prepare myself for a prosthesis?

A: There is a lot you can and must do to be able to use a prosthesis and use it well. The top priorities are:

- Working through the feelings about losing a limb and deciding how to rebuild your life after amputation.
- Exercising to build the muscles needed for balance and walking.
- Preparing and taking care of your residual limb to attain a proper, sound shape for the prosthesis.
- Learning proper body positioning and strengthening, to maintain tone and prevent contractures.

Q: What if my device breaks or I need replacement items (liners, sleeves, etc)?

A: Call our office and let them know what kind of problem you are having. You may need to schedule an appointment with your prosthetist. There is no charge for speaking with him/her but they can help determine what you may need or if there are repairs that need done to your prosthesis.

Q: When or how long should I wear my shrinker?

A: The use of a shrinker is critical in the shaping and to control swelling

of the residual limb. Your physician will decide when you should start wearing the shrinker. It should be worn for 23 hours a day (only removing to bathe) until you receive your prosthesis. Many amputees continue to wear their shrinker when they are not wearing their prosthesis.

Q: Why do I need to visit an Amputee Clinic?

A: Visiting an Amputee Clinic provides you access to a medical team and a comprehensive evaluation by several clinicians: a physician, a prosthetist and occasionally a physical therapist or occupational therapist. YOU are a member of this team and your concerns and goals will be discussed. It will also provide you with all the required documentation in order for us to gain authorization from your insurance.

Q: Do you collect outcomes and/or research?

A: Yes! POP proudly participates in a national initiative to help improve treatment for amputees. We collect data about our patients' progress at certain intervals in their care. We can show you the progress in a measurable way by your participation. We appreciate your involvement in this research.

Therapy Stages



Insurance and Authorization

Comprehensive Acute Rehabilitation Empowerment Program

Insurance

We are contracted with all major insurance providers. Please feel free to call if you have a question regarding contracts or coverage. Coverage varies by plan, so it may be necessary to have a complimentary consultation to obtain accurate financial information regarding a specific device.

PEACE OF MIND

POP prides itself on having one of the most experienced, professional and transparent Insurance and Authorization departments in the industry. We never want you to have any financial surprises so we work hard at gathering all the required documentation that your insurance needs to give us the approval to deliver your prosthesis. You will have a clear picture of any out of pocket costs you may have.

THERAPY STAGE 1: PREPARING FOR PROSTHESIS

This stage begins immediately after surgery until you get your prosthesis. This stage is very important because it will help you achieve success when using your new prosthetic leg.

- Use of shrinker to manage swelling – promotes healing and help manage pain.
- Avoiding joint stiffness – promotes full movement in a joint for better success down the road.
- General stretching/strengthening – leads to better initial use of your prosthesis.
- How to be safely independent – this will decrease the possibility of injury which could delay your progress.

THERAPY STAGE 2: LEARNING TO USE YOUR NEW PROSTHESIS

This stage begins after you receive your prosthesis.

- Putting on your new prosthesis.
- Learning how to walk with your new prosthetic leg.
- Improve your balance to decrease risk of falling.
- Continue to improve flexibility and strengthening to make it easier to use prosthesis.
- Learning to live your daily life.
- Review of assistive devices if necessary. Decreasing your need for walker or cane.

Additional Information

SOCIAL MEDIA

Follow us on social media (@POPprosthetics) for success stories, tips and tricks, and general information.

VIDEO LIBRARY

By using the camera on a smart phone, you can use these QR codes to access a variety of videos on prosthetic wear, care and many other helpful tips and tricks from our partnering clinic, SRT Prosthetics & Orthotics.

Above-Knee Prosthetic Videos



Below-Knee Prosthetic Videos



Tips & Tricks Videos



AMPUTEE COALITION

The Amputee Coalition is a powerful tool for you - from resources to events and everything in between. Their mission is to reach out to and empower people affected by limb loss to achieve their full potential through education, support and advocacy and to promote limb loss prevention. We suggest you check out their website: www.amputee-coalition.org!

A man with a prosthetic leg is crouching on a skateboard on a paved area. He is wearing a grey long-sleeved shirt, blue shorts, and grey sneakers. The prosthetic leg is black and has the brand name 'RÖSSUR' written on it. The background shows a body of water, trees, and a building under a blue sky with light clouds.

Delivering Value Along the Entire Care Continuum

We offer specialized programs and services that provide excellent patient care and financial outcomes for our healthcare partners and their patients.

- Complete Hospital Services Program
- Post-acute Care Coordination
- Peer Visitor and Patient Support Groups
- Mobile Office available to visit skilled care, rehab or medical facility!

