

Oct/Nov/Dec 2007

1st Anniversary Issue

UEA-Life.com

Dedicated to

Upper Extremity Amputees

Your First Prosthesis –
What to expect

Ride like the Wind –
Adapting a bicycle for a UEA rider

How to Overcome Discouragement

Product Review

- Otto Bock two load hook & TRS BAHA



Welcome to ***UEA-Life.com***

UEA-Life.com is dedicated to bringing information and inspiration, along with life experiences to Upper Extremity Amputees

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Cover photo courtesy:
Touch Bionics



Opening Thoughts

Welcome to the latest issue of **UEA-Life.com**.

UEA-Life.com is a year old! This is the first anniversary of the birth of **UEA-Life.com**. After a year some things are still the same and many have changed!

UEA-Life.com still strives to be THE source of information and inspiration for UEAs on the internet. That will never change and is the main reason for the existence of **UEA-Life.com**. I know what its like to search for that information/inspiration and not being able to find much in the way of useful information. Much of the information available isn't geared to the individual and their daily lives. **UEA-Life.com** wants to bring that to UEAs each issue. The "staff" here at **UEA-Life.com** (that would be me) holds each issue up against that goal.

Another constant, over the past year, is UEA-Life.com's sister site: **Ampspiration.com**. That site is dedicated to all amputees and contains links to articles of, both, inspiration and information from around the world. I encourage everyone to check it out.

What has changed starts with me. I'm still hovering around the 80 pound weight loss but it's a work in progress! My family has grown with the addition of another granddaughter: Mary Alice born 9/25/2007. Just another reminder that life is great and meant to be enjoyed. She (and my other grandchildren) doesn't care that I'm a UEA because, to them, I'm just Grandpa. Being a UEA shouldn't define us; it's just a part of us.

Another change (over the past year) is the subscriber list and the readership in general. The subscriber list is growing as is the number of readers who aren't subscribers. I know the link to each issue is being forwarded around the world. Many thanks to those individuals. Your help is greatly appreciated!

As always, I welcome any comments you may have about the ezine. Please let me know what you liked (or didn't like) or any ideas you may have for an article. I have many ideas for the future of **UEA-Life.com**, but, I want **UEA-Life.com** to be "from a UEA for UEAs". Not just my ideas but yours as well. Please submit your comments/ideas to me at:

[mailto:comment@uea-life.com?subject=Ezine comment](mailto:comment@uea-life.com?subject=Ezine%20comment)

I hope you enjoy this issue of **UEA-Life.com**.
We'll meet later for a few closing thoughts.

A Little Help from Our Friends??...Questions from our readers

UEA-Life.com received the following question(s):

Hello, Don't know if you can help, but I am trying to source a type of machine / device that can be from the back of her desk pedal operated to cause an arm to hold down envelopes, paper and alike - so as the device holds the form and the person can then fold it ready for mailouts, so as the device holds envelopes and paper steady to write on and hold envelopes steady whilst her one hand inserts pay slips or mailouts.

This device would have a rod that comes up from the space at the back of the desk (attached to its foot operated, spring loaded pedal) and is linked to another rod (at approx right angles) that comes towards her, with some type of good holding capacity plate or alike at the end. She would then place her paper under the plate, push down on the pedal with appropriate pressure and the connected rods would force the plate down with sufficient force to hold the paper etc in place. I imagine the device would need to be attached to the desk somewhere for rigidity and stability of performance.

Any ideas if this type of device exists or any ideas of other ways to assist this amputee would be appreciated.
Regards, Brian.

To help our readers with this question, or ask another, submit your response to the address below.

<mailto:uea-life@uea-life.com>.

Readers Thoughts:

UEA-Life.com received the following comment(s):

Hi Dave,

Great e-zine! Really enjoyed reading it through - and so pleased that you're getting on well with the HORI Separate controller. The Gamefly link is a really useful one too - and I'll be adding that to my main web-site soon too.

Blogged about UEA-life here: <http://switchgaming.blogspot.com/2007/04/uea-life-one-handed-ps2-controller.html>

You may be interested in these entries too:

<http://switchgaming.blogspot.com/2007/03/ps2-to-xbox-360-controller-converter.html>

<http://switchgaming.blogspot.com/2007/03/ps2-to-ps3-controller-converter.html>

All the best, and thanks again for your great e-zine.

Barrie
www.OneSwitch.org.uk

UEA-Life.com enjoys hearing from our readers. Your comments and/or ideas for ezine content are welcome.

To submit comments to *UEA-Life.com* send an email to the address below.

<mailto:comments@uea-life.com>

Why UEA-Life.com...

UEA-Life.com is the result of a goal of mine that began in March 1996 when I became a UEA. I started searching for information, for myself and my family...assurance that life wasn't over. As many UEAs do I felt that the life I knew before was gone and I couldn't get it back. I found myself focusing on what I thought I could no longer do.

What my search found was very little information and, certainly, no inspiration concerning my new life. My desire to help provide the needed information and inspiration took me on another path. Due to disagreements about the direction of that path **UEA-Life.com** was born!

UEA-Life.com will focus on life as a UEA but will also reflect on life as a whole. I want **UEA-Life.com** to be a publication "for UEAs by a UEA".

Please feel free to contact me with ideas that you would like to see in **UEA-Life.com**. Use the link below to contact me.

Dave Hersher
LBE Amputee

Contact me: <mailto:dave@uea-life.com>

Remember...

"Everybody is going to have a point in their life when they can't see any brightness at the end of the tunnel...but there always is...you just have to keep on fighting."

--Kyle Maynard

congenital amputee

Your First Prosthesis – What to expect

Recently, while going through the process of getting a new prosthesis, it brought back memories of acquiring my first prosthetic device (body powered).

Being a new UEA (just a couple of months into my new life) I didn't know what to expect or how the process would unfold.

When ready for the fitting the Prosthetist will make a cast of the residual limb. This cast will be used to make a "positive" (a "model") of the UEA's residual.

This positive will be used to create a "test socket". The test socket is clear to allow the Prosthetist to see where contact may be made, with the socket, and where pressure is applied to the residual limb. During this process the test socket will be molded and shaped to allow the best fit possible and, therefore, the most comfortable.

After finding the proper fit the Prosthetist will use the test socket to create another positive (this time much more exact) of the UEA's residual and, finally, the final socket.

This process allows the Prosthetist to relieve any pressure (on the UEA's residual) and

make the prosthesis much more comfortable to wear and use.

Pressure, anywhere on the residual, will cause pain (upon use of the prosthesis) and, possibly, skin problems. At the very least (and it's not a minor problem) the UEA won't be inclined to wear the device and, therefore, will lose the assistance a prosthesis can provide in doing tasks.

Next is the selection of the terminal device, and any other parts (such as the wrist), the cable is made and the prosthesis is assembled.

The harness is made, usually, in the standard figure 8 or 9 format and is adjusted for fit/function while the UEA is wearing the device. Of course there are differences, in the harness design, depending on the level of the UEA's amputation.

The harness fit/comfort is the biggest complaint UEA's have against wearing a prosthetic device. The assistance of the prosthetic device is valuable (to some UEA's) and a proper fit is necessary for comfort/use. Working, closely, with your Prosthetist will help ensure the proper fit. The UEA must relay his/her comfort level and operation, of their prosthesis, in order to help the Prosthetist get the proper fit.

Adapting a bicycle for a UEA rider

When I decided to add bicycling to my exercise routine I needed to purchase a new bicycle. Prior to my amputation I rode a touring style bike with the drop type handlebars.

As that type of bike wouldn't work, too well, I chose a hybrid style bike. A hybrid bike looks like an off-road bike but has many



Photo: Dave Hersher

components and frame specifications more suitable for street riding. The main benefit is the bikes more upright riding posture.

This type a bike has two sprockets (front and rear) and is multi-gear (my particular bike is an eighteen speed). The shifting is, normally, controlled by two twist shifters. The left shifter controls the front sprocket and the right shifter controls the rear sprocket.

In order to allow me to shift (I'm a LBE) all the shifting controls were moved to the right side by the mechanic. The original right twister was retained (controlling the rear sprocket) and a thumb type shifter (used, mainly, on off-road bikes) was added to control the front sprocket. This took a little engineering but the result is great. With this setup I have the use of all eighteen gears without removing my "hands" from the handlebar!



Photo: Dave Hersher

When I first rode the bike I thought I would be ok with only having the use of one brake but, I soon learned that two brakes are much better. If I knew I had to stop it wasn't bad but, in an emergency...

I began a search for a solution and found the brake lever pictured in this photo. It is used to operate both brakes with just one lever! My local mechanic installed and adjusted everything for me and now I have the use of both brakes!



The lever was purchased from Niagara Cycle Works (through amazon.com) for \$10.00 (U.S.).

The lever works great and the increased safety was well worth the small price paid (no, I don't get anything for the endorsement. I just like mentioning worthwhile products).

These modifications make cycling a fun experience and allow me to feel safe when I ride.

You may be able to make the changes yourself but, if not, your local bike mechanic can do it for you.

If you would like to begin (or resume) bicycling I suggest a trip to your local bike shop and a discussion (of your needs/concerns) with the shop mechanic. Any obstacle can be overcome and riding can be an enjoyable way to spend an afternoon!

There is an old saying that I grew up with which is "Adversity builds character." Now there is a commercial on TV that says it isn't the adversity that builds the character, it is how we deal with it that builds character. Either way you slice it, adversity not only builds character, but can lead to feelings of discouragement. Feeling discouraged at times is human nature, letting those feelings overcome you and rule your life is not healthy. There are things that you can do to overcome those feelings of discouragement and beat the tough issues that are facing you.

It is important then to NOT let these negative feelings, this discouragement rule our everyday lives. We must take back control. We must be responsible for our lives and what is happening in them. YOU feel the way you do because YOU WANT to. Yes, that is right. You are feeling sad and discouraged and down trodden because right now, that is how you want to feel. Because if you didn't you wouldn't be. It is time for you to realize that you have the power and the control over your thoughts and emotions.

Yes, there are times when this is difficult. If life was easy what fun would it be? We must be faced with challenges, for they give us the opportunity to grow. Once you stop growing you have stopped living. Do you give up, or do you dust yourself off and try again.

I would like to think the latter is your answer. How many tries did it take for you to ride a bike without training wheels? How long before you could not only climb up the tree, but get out without screaming for help. That one I had to learn fast, because my dad's response was always, "You got up there now how are you getting down?"

So I ask you now, you fell down so how are you going to get back up? I am going to help you a little here by offering you a few steps you can follow so that once you get up from this fall, you may never fall again.

Feeling discouraged at times is human nature, letting those feelings overcome you and rule your life is not healthy.



The first step is for you to become self aware. By this I mean that you need to know why you are feeling the way you are, the cause and how you can stop it. I already told you the feelings of discouragement that you are battling right now you have because you want them. It is easier to give up and feel sorry for ourselves then to realize that we can change it. Acceptance is passive, requires less energy. You need to rebel and fight those feelings. Once you overcome them or stop them, you will be amazed at the energy you have.

Now, step two is taking responsibility. Am I telling you that it is your fault that you failed? No. I am telling you that you are letting this setback rule the rest of your life. *Everyday is a new day, filled with new opportunities to help you make life better. Are you going to throw all of those away because of what happened yesterday?* Oh, wait, don't try to tell me that it wasn't only yesterday; your whole life has been one setback after another. That is because you believed that is what your life was supposed to be so you let it be.

I'd like you to look back at all of the good in your life, no matter how small it seems, and make a quick little list. Got it, now look out into the world, or up into the sky and say "Thank you, I am grateful for what I have." I want you to say that five times a day after you go over the list of things that you have to be happy for.

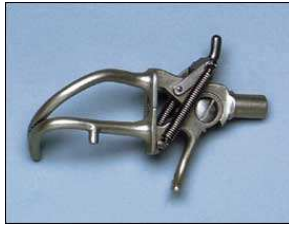
After five days of doing this, I now want you to make a list of what you want. Be precise, don't say "I want the promotion," say exactly what you want. "I want to be the VP of the company." Don't say "I want to be free of debt," instead say "I want to have enough money." You can go as far as saying a dollar amount. Make sure that on this list you include that fact that "I am strong" and "I am in control." Now on top of being grateful five times a day everyday, spend 15 minutes in the morning, before getting out of bed thinking about the list of things that you want.

If you follow these simple steps, you will overcome discouragement. You will not only feel encouraged, you will feel in charge and happy and satisfied with all in your life. The stress will be less, the joys will be more. You just need to follow those steps each day.

Recently, I needed a new prosthesis due to weight loss. If you recall an earlier issue, of UEA-Life.com, contained information regarding weight loss/gain and the fit/function of a prosthesis.

I decided I wanted to try a couple of new pieces of hardware this time around.

For my terminal device I chose Otto Bock's two load hook. I got to check this out last year at an Otto



Bock event near my home and I really liked the idea. Many times, when using my hook, I wish I had more pinching power available but didn't want to use more rubber bands all the time. The bands give the UEA increased pinching power but, also, require more effort (in the opposing shoulder) to open. This can lead to fatigue and, possibly, nerve damage. This hook is voluntary opening and the pinching strength is supplied by two springs. The benefit of this design is the extra "thumb like" lever on the side of the hook. By flipping this "thumb" the user can, temporarily, increase the pinching power significantly. When the task is completed just flip the "thumb" again and the pinching power (as well as the effort of operation) is decreased.

I have been using this hook for about six weeks and I must say I am impressed! Not only do I have more pinch strength when I need it but, since it is aluminum (verses stainless steel) I have noticeably less weight.

The increased pinch strength comes in handy when performing tasks such as opening a package or holding a book. The normal strength is fine (for most tasks) and, when needed, the increased pinch is appreciated!

I highly recommend that anyone looking for a new/replacement TD check this hook out. I think you will be happy you did.

Although I haven't had any problem with the conventional harness ring I wanted to try the TRS BAHA anchor. The device is advertised as being, not only, more comfortable but is purported to aid



in the operation of the prosthesis. For those reasons I made the decision to use it in my new prosthesis.

Again, after six weeks of use, I feel I can recommend this anchor. The comfort is better (in my opinion) and the TD operation is smooth. I feel the difference is this anchor.

If you are getting a new/replacement prosthesis check these two products out. I think you'll be glad you did.

co

Just a Thought....

Recently, I was scheduled to perform an QS 9000 internal audit at work. The audit was scheduled to be done on Aug. 13, 2007. However, when I arrived at my office that morning I had a voice mail informing me that, due to a family emergency (in the department manager's office); the audit would have to be canceled.

When I, finally, was able to perform the audit I learned the nature of the emergency that forced the earlier audit cancellation. The manager's wife (32 year old mother of two young children) had suffered a stroke! She had not been ill and the doctors did not have an explanation for the cause. The wife appeared to be in good health and tried to take care of herself by exercising and eating healthy.

Fortunately, she is expected to make a good recovery (aided by her young age) and hopefully will be able to return to her teaching position. Currently, however, she is experiencing speech as well as motor skills problems.

Also, on the same audit, I was assigned a trainee. While talking with him I learned that two years ago his son (then 23 years old) had suffered a severe brain injury during a traffic accident. He, also, is having speech and motor skills problems. Additionally, this young man suffered from memory loss (specifically, short term memory) and recognition problems, as well. His father told me that, for a while, his son could recognize his father's voice but not his father is person.

He relayed the story that, in order to check this skill, he (the father)

called the son on the phone while he was sitting in his son's hospital room. His son, immediately, recognized his father's voice but, proceeded to inform his father that there was a man sitting in his room and he didn't know who it was! This problem has, thankfully, cleared with the passage of time but he is still left with many problems to overcome.

Hearing these two stories made me reflect back on my own accident and the time since. I am reminded that life is fragile and can be altered or ended in the blink of an eye.

One thing I have learned (from my accident) is to appreciate the time I get to spend with family and friends and try to keep in perspective what is important and what may not be as important as I used to think it was. Work, while important, isn't as all encompassing as it used to be. I take great pleasure in spending time with family and, especially, my grandchildren! As we await the arrival of our most recent grandchild I am thankful for having the opportunity to be a part of their lives and, hopefully, a part of the type of person(s) they become.

I urge everyone (whether you are a UEA or not) to take time to enjoy life, family and friends. The opportunity to do that can be lost in an instant. Take the time to tell them how much they mean to you.

I can't, adequately, explain how I felt the day my son called me and said "Dad, I don't think I ever told you how proud I am of how you handled your accident. Many people, in your situation, would have turned to drinking or drugs in order to cope but you didn't. I am very proud of you."

As the saying goes no one, on their death bed, has ever said "I wish I would have spent more time at work"! Don't miss out on the joys of life nor allow the fact that you are a UEA to define your life. Being a UEA isn't who we are it's just a part of the person we are. There is so much more to life....enjoy!

Manufacturer's Forum

The forum is a line of communication from companies that manufacture or distribute products for upper extremity amputees or researchers searching for UEAs to be part of the development process.

This forum is used to communicate new ideas for products, gain valuable feedback

on existing products or recruit testers for new products specifically for arm amputees.

UEA-Life.com does not endorse or promote these companies. Any company who wishes to post in this section may do so for no charge.

UEA-Life.com does reserve the right of editorial control.

Amputees embracing world's first bionic hand

Touch Bionics, major U.S. clinics fitting patients with breakthrough new prosthesis
Veterans of Iraq conflict among first to receive i-LIMB Hand

EDINBURGH, U.K. - July 17, 2007 - Touch Bionics, developer of the world's first commercially available bionic hand, today announced that its i-LIMB Hand and ProDigits partial hand prostheses are now generally available and have been successfully fitted to a significant number of patients across the United States and in Europe.

Touch Bionics' i-LIMB Hand looks and acts like a real human hand and is the world's first widely available prosthetic device with five individually powered digits. In another industry first, Touch Bionics' ProDigits product is adapted for patients who have a partial hand, due either to congenitally missing fingers or fingers lost through an accident. Partial hand is an area of prosthetics that has been without suitable powered products in the past.

The i-LIMB Hand and ProDigits will be formally unveiled later this month at the 12th World Congress of the International Society for Prosthetics and Orthotics in Vancouver, Canada. But Touch Bionics' technology is already changing the lives of patients with its prosthetic products, working with leading U.S. clinical partners including Advanced Arm Dynamics, Benchmark Orthotics and Prosthetics, Hanger Prosthetics and Orthotics, LIVINGSKIN and Scott Sabolich Prosthetics and Research.

Sergeant U.S. Army (ret'd.) Juan Arredondo of Universal City, TX, who lost his hand in Iraq in 2004 after his patrol vehicle was struck by an improvised explosive device, is one patient who today is living a different life after being fitted with the i-LIMB Hand.

"Everyday that I have the hand, it surprises me," said Sgt. Arredondo, who was with the 2nd Infantry Division, 1/506th Destroyer Company. "Now I can pick up a Styrofoam cup without crushing it. With my other myoelectric hand, I would really have to concentrate on how much pressure I was putting on the cup. The i-LIMB hand does things naturally. I can just grab the cup like a regular person."

John German, a 40-year old medical salesman and clinical technician from Altoona, PA, who lost his hand in 1987, was recently fitted with the i-LIMB Hand. He is excited about the i-LIMB Hand's "extensive, real-world capabilities," compared to other prostheses he has used over the past 20 years.

"My previous hand was no better than a wireless mechanical hook, whereas the i-LIMB Hand is a dynamic hand," Mr. German said. "Instead of a c-shaped pincher, with the i-LIMB hand, I have a full range of grips that allow me to do everything I want to do with the hand."

Lindsay Block of Oklahoma City, OK, has had a lifetime of experience with prosthetics. Born missing the lower part of her left arm as the result of a birth defect, Ms. Block, now 26, has used almost every new generation of prosthetic technology since being fitted with her first one when only six months old.

She is particularly impressed both by the life-like look of the i-LIMB and by its extensive range of motion.

"When I'm wearing the i-LIMB Hand, I'm pretty sure that someone who doesn't know me wouldn't even guess that it wasn't my own hand," she said. "It's cool how it can adjust to whatever it is grabbing on to. With this new hand, you don't have to strategize so much about what you do with it because you realize it's not limited and will adjust depending on what it's gripping on to."

The technology behind the i-LIMB Hand has come of age after many years of research and development at Touch Bionics.

"We are delighted to be the company that moves bionic hand technology from the research and development phase into the real world, and to lead a generational advance in bionics and patient care," said Touch Bionics CEO Stuart Mead. "We have always existed to change the lives of patients with severe injuries and disabilities, and it is thrilling to feel that we are now able to accomplish that goal."

The i-LIMB Hand offers a unique, highly intuitive control system that uses a traditional myoelectric signal input to open and close the hand's life-like fingers. Myoelectric controls utilize the electrical signal generated by muscles in the remaining portion of a patient's limb. This signal is picked up by electrodes that sit on the surface of the skin. Users of existing, basic myoelectric prosthetic hands are able to quickly adapt to the system and can master the device's new functionality within minutes. For new patients, the i-LIMB Hand offers a multi-function prosthetic solution that has never before been available.



The i-Limb Hand alongside a "real" hand

Photo courtesy of: Touch Bionics

"I was amazed by how quickly I could learn to do things with the i-LIMB Hand, even only an hour after being fitted with the hand," said Donald McKillop of Kilmarnock, Scotland, one of the first patients to be fitted with the i-LIMB Hand. "The most important thing is the movement of the fingers, that's what really makes the difference. It's truly incredible to see the fingers moving and gripping around objects that I haven't been able to pick up before. The hand does feel like a real replacement for my missing hand and it is now very natural for me to pick up all sorts of objects. It makes everyday activities much easier."

Touch Bionics has developed a custom cosmesis, or covering, for its products. i-LIMB Skin is a thin layer of semi-transparent material that has been computer-modeled to accurately wrap to every contour of the hand.

"Cosmesis is a hugely important area in prosthetics, both for appearance and for durability reasons. It is a vital component of our solution and brings an added dimension of personal comfort and satisfaction to our patients," said Mead. "Some patients, especially soldiers, love the more robotic look of the i-LIMB Skin, but others like their device to blend anatomically with the rest of their body, and prefer to have a life-like covering for the i-LIMB Hand and ProDigits."

For those patients who desire a more life-like appearance for the hand, Touch Bionics has partnered with some leading companies in the development of cosmesis for its products. ARTech Laboratories and LIVINGSKIN work at the forefront of high-definition cosmesis - these companies are collaborating with Touch Bionics to offer patients a life-like solution to compliment the life-like motions and performance of the hand.

The i-LIMB Hand and ProDigits products are being shipped today and patients are being fitted at all of the clinics mentioned above in addition to other US clinics, as well as at Touch Bionics' new state-of-the-art facility in Livingston, Scotland.

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UEA Links

ARM-AMP: A Web site For Arm Amps by Arm Amps	http://www.arm-amp.com
OADH: One Armed Dove Hunt- fellowship and helping recent amputees is the primary focus	http://www.onearmdovehunt.com
Helpful Tips For Arm Amps	http://loricase.com/tips4arm-amps
MTB-Amputee - amputee mountain biking and cycling enthusiasts	http://www.mtb-amputee.com/index.htm
Amputee and Disability Resource Directory inc.	
Phantom Pain Support Group, Humor, Stories, News and more for the active or new amputee	http://www.amputee.ca
The Global Resource for Orthotics and Prosthetics Information	http://www.oandp.com

Links for Veterans

Department of Veterans Affairs	http://www.va.gov
Disabled American Veterans	http://www.dav.org
VA Rehabilitation Research & Development Service	http://www.vard.org/rehab.htm
Walter Reed Health Care System: Walter Reed Army Medical Center	http://www.wramc.amedd.army.mil

UEA Language

UEA	Upper Extremity Amputee
Residual Limb	Extremity Remaining After Amputation
Dis articulate	Amputate or separate at a joint
LAE/RAE	Left Above Elbow/Right Above Elbow
LBE/RBE	Left Below Elbow/Right Below Elbow
BBE/BAE	Bi-Lateral Below Elbow/Bi-Lateral Above Elbow
LWD/RWD	Left Wrist Dis articulate/Right Wrist Dis articulate
LED/RED	Left Elbow Dis articulate/Right Elbow Dis articulate
LSD/RSD	Left Shoulder Dis articulate/Right Shoulder Dis articulate
Socket	part of the prosthesis where the residual limb fits
Cable	connects terminal device and harness. A separate cable connects elbow joint lock to harness contact (on myoelectric prosthesis) located inside the socket which detects muscle activity to open and close the terminal device
Electrode	straps which cross the back and shoulder, attaching to the cable and elbow lock. Used to open and close terminal device and lock/unlock elbow
Harness	
Prosthesis	a device to replace the missing portion of arm
Prosthetist	person who designs prosthesis
Terminal device (TD)	a hand, hook, or specialty device attached to the wrist unit of the prosthesis
Wrist unit	attaches the terminal device to the socket

UEA-Life.com is looking for writers!

If your spouse, significant other, brother, sister or any family member (or even your friends) are interested in contributing please use the contact information below.

Your article about coping with someone's loss may just change someone's life!

If you would like to become a guest columnist in **UEA-Life.com** use the link below.

The message text should include your name as well as the topic you wish to write about.

<mailto:uea-life@uea-life.com>

Parting Thoughts

Here we are again! Thanks for being here. I hope you've enjoyed the latest issue.

I feel this issue contained a lot of useful information for UEAs.

If you've never been through the process of acquiring a prosthesis you now have an idea of what to expect, including a review of a couple of pieces of hardware.

One method of adapting bicycling to our lives is described in this issue, as well. I think the adaptation is very straight forward and makes a return to this hobby very practical.

We also received some very good advice concerning handling those discouraging events that happen to everyone sooner or later.

A voting pole has been added to the [UEA-Life.com](http://uea-life.com)'s web site. The questions will be UEA related (only), changed monthly and may end up as the subject of a future article in UEA-Life.com. Check it out and voice your opinion. If you have a question you would like asked of UEAs around the world send it to me at: <mailto:dave@uea-life.com?subject=Poling question>.

I hope you enjoyed this issue and I look forward to our next meeting. Please forward this issue (or the link to <http://www.uea-life.com>) to anyone you feel may benefit from reading this publication.

Please send any comments on this issue to: <mailto:comment@uea-life.com>. I welcome your comments or suggestions.

The publication schedule is quarterly; the next issue will be Jan. 1, 2008

Thanks for reading UEA-Life.com

Just for Fun

True Doctor Story...

I was performing a complete physical, including the visual acuity test. I placed the patient twenty feet from the chart and began, "Cover your right eye with your hand." He read the 20/20 line perfectly. Now your left." Again, a flawless read. Now both," I requested. There was silence. He couldn't even read the large E on the top line. I turned and discovered that he had done exactly what I had asked; he was standing there with both his eyes covered. I was laughing too hard to finish the exam.

--Dr. Matthew Theodopolous, Worcester, MA