

Limb Loss/Amputee Rehabilitation: Evidence-based Strategies Across the Continuum of Care

Inger Brueckner, MS, PT



Faculty

Inger Brueckner is the principle physical therapist treating limb loss at Presbyterian/St. Luke's Medical Center. Her experience spans many age groups, causes and levels of limb loss and amputee working in a multidisciplinary team dedicated to the advancement of function in this population. With a master's in PT, Inger has worked primarily as an outpatient therapists and hospital-based outpatient center. She co-authored an article on pre-prosthetic training and has presented at national and international conferences and presented a poster of a study at APTA CSM. She also worked in the vestibular rehabilitation since 1995, specifically pediatric vestibular rehabilitation. These disparate populations have several commonalities that help encourage a grounded, functional approach that address the patient as a whole person and is more flexible with approaches to better serve their needs. She developed and directed the Rocky Mountain Hospital for Children's acute concussion program: PACER. Both programs were devolved jointly in a team of specialists respecting and encouraging one another to find better solutions for these deserving populations and to

Disclosure - Financial: Ms. Brueckner receives an honorarium from ERI for teaching. Non-financial: No non-financial relationships to disclose.

About this Live Webinar

This course offers a comprehensive perspective for management of the limb loss/amputee patient. Clinical expertise can be difficult to obtain since this population is a small proportion of the rehabilitation caseload. Current research, expert opinions from PT, OT, orthopedic and plastic surgeons, PM&R, prosthetists, as well as patient experiences will be presented. The class addresses the medical issues and common complications that place limbs at risk. Attendees will learn to make educated clinical decisions to improve function. This dynamic course addresses limb loss/amputee due to diabetes, vascular disease, trauma, cancer, sepsis and congenital issues. Current guidelines recommend therapy interactions start pre-operatively and continue through the lifespan of the patient. New technology, surgical techniques and futures directions are included in discussion. Many of the techniques described in the course can be applied to patient populations with limbs at risk and the multi-trauma patient. The course is primarily lecture with multiple video clips taken throughout the continuum of care. There will be case-based analysis and critical problem solving intermixed with labs, lectures and demonstrations. Access to videos of demonstrated techniques will be included.

Objectives

- Modify an individual rehab program using current evidence-based techniques for common comorbidities, taking into account lifetime needs of this population.
- Apply two evidence-based assessments to evaluate a patient's functional impairments related to movement and posture.
- Determine an appropriate treatment intervention for common complications of phantom pain, residual limb pain, low back pain, and skin breakdown.
- Apply three interventions to facilitate mobility and ADL independence post upper extremity loss, using the case study provided.
- Apply three interventions to facilitate mobility and ADL independence post lower extremity loss, using the case study provided.
- Identify the role of OT, PT, and other members of the multidisciplinary team across the spectrum of rehabilitation for the patient with limb loss.

Patient Population & Audience

This course is designed for: PTs, PTAs, OTs, OTAs, and ATCs who are working with

Help your patients achieve better outcomes.

Schedule – Day 1 9:40 am - 7:30 pm EST (US)

9:40 – 10:00	Webinar Registration/Zoom Course Opens
10:00-10:30	Introduction to limb loss and limb difference, scope of the problem, barriers to evidence-based practice, multidisciplinary team approach, clinical practice guidelines, patient perspectives
10:30-12:00	Review of common medical conditions leading to limb loss including diabetes, vascular dysfunction, trauma, infection/sepsis, cancer and congenital considerations. Surgical approach to bone, muscle, nerve and skin in different levels of amputation. Insurance coverage, Medicare K levels. Psychological impacts, social support and caregiver education, expected outcomes. Pre-operative evaluation and treatment.
12:00-12:15	Break
12:15-1:00	Intra-operative video of surgical techniques, Ertl amputation, rotationplasty, limb lengthening and indications for revision surgery
1:00-2:00	Rehabilitation timeline, acute post-op positioning, compression, initial exercises, mirror therapy, sound limb protection
2:00-2:30	Lunch
2:30-3:45	ADLs: wheelchair considerations, home modifications, adaptive equipment for bathing, dressing, meal prep, functional problem solving, upper limb considerations, vehicle modifications and return to driving.
3:45-4:45	Pre-prosthetic rehabilitation, ROM, core exercises, reducing HEP barriers, considerations for sepsis and cancer, aquatic exercises, non-prosthetic candidates
4:45-5:00	Break
5:00-6:15	Cardiovascular activity using current guidelines for diabetes, peripheral neuropathy and vascular dysfunction. Falls and balance considerations.
6:15-7:15	Upper limb prosthetic training, body powered and myoelectric devices, donning/doffing, PT/PTA roles, posture and overuse syndromes
7:15-7:30	Pulling it all together

Schedule – Day 2 9:40 am - 5:00 pm EST (US)

9:40 – 10:00	Webinar Registration/Zoom Course Opens
10:00-11:00	Prosthetic introduction: fabrication of sockets, components, suspension systems, knee options (microprocessor and mechanical), initial delivery, wear schedule, skin preparation and skin care, donning/doffing, fit issues, sock ply management, sit<>stand transfers, fall training, floor transfers
11:00-12:00	Gait training, assistive device selection, gait deviation terminology, stairs, ramps, bilateral and multi-limb loss considerations, resources
12:00-12:30	Group discussion of gait videos, case presentations (opportunity to share your case with the class for input)
12:30-12:45	Break
12:45-2:00	Managing complications: skin disruptions, neuromas, phantom limb pain, residual limb pain, low back pain, overuse pain
2:00-2:30	Lunch
2:30-4:00	Running, adaptive sport for all levels, avocation, planning for travel
4:00-4:15	Break
4:15-4:50	Advancements and future directions including targeted muscle re-innervation, pattern recognition, osseointegration
4:50-5:00	Resources

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This course meets the criteria for 14.5 contact hours (1.45 CEUs) Intermediate Level.



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Approved provider of the **FL** Board of Occupational Therapy-CE Broker – 17 hrs.

This course meets the approval of the **TX** Board of OT Examiners.

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12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

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Webinar Dates and Times

November 1 and 2, 2025

9:40 am EST • 8:40 am CST • 7:40 am MST • 6:40 am PST (US)

Registration is for both sessions. Zoom log-in Instructions and course materials will be emailed/added to your ERI account 5-7 Days prior to the first date of the

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- Inger Brueckner

☐ November 1 and 2, 2025

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