

PUBLICATIONS FOR ADULTS AND CHILDREN

The publications below can be ordered from the Amputee Coalition of America. See end of list for details.

GENERAL AMPUTATION

2003 First Step: A Guide for Adapting to Limb Loss

Code: ERFS03 2003, Paperback, 128 pages

First Step offers readers 128 pages of reliable information on consumer issues that have been raised time and time again by amputees attempting to make educated choices, get better services or decide on available options.

A Survivor's Guide for the Recent Amputee

Code: ERBK013 2002, Booklet, 24 pages

This booklet discusses dealing with the changes that amputation brings, prosthetics, and getting on with life. This booklet is written in easy-to-read question and answer format and includes a glossary of terms.

Accessible Gardening for People with Disabilities

Code: ERBK001 1994, Paperback, 300 pages

This book presents all the information and practical know-how necessary for designing, planting, and maintaining a garden that suits the special needs of young and older gardeners with physical disabilities.

Challenged by Amputation

Code: ERBK005 1995, Paperback, 142 pages

Ms. Wallace, a Certified Rehabilitation Counselor and above-knee amputee, writes about her own experience of losing a limb and describes her slow and painful recovery. There are also recommendations for further reading and a list of resource material.

Coping with Limb Loss

Code: ERBK006 1995, Paperback, 339 pages

The author, a clinical psychologist and above-knee amputee, covers virtually all the information someone with a new amputation needs to understand and successfully travel the road to recovery.

For the New Amputee

Code: ERBK008 1991, Booklet, 22 pages

Written for the American Academy of Orthotists and Prosthetists by a nurse clinician who is also an above-knee amputee, this booklet discusses common feelings and concerns expressed by new amputees, as well as information about surgery, recovery, and artificial limbs. There is also a lengthy section containing questions commonly asked by new amputees with answers.

Guia Para Sobrevivir Amputacion Reciente

Code: ERBK009 1992, folleto, 24 páginas

Editado originalmente por la federación de los grupos de ayuda que sirven el estado de Florida para servir a recién amputados. Este folleto trata sobre como enfrentarse a los cambios que ocasiona la amputación, prótesis, y como regresar a las actividades diarias. El folleto está escrito en una forma fácil de leer con preguntas y respuestas e incluye un glosario de terminología.

Handicapped Parking Tickets

Code: ACAPARKTICKET Pamphlet

These notices are published by the ACA in order to help raise public awareness of Violations of Accessibility Codes.

House Calls

Code: ERBK010 1998, Paperback, 159 pages

A book that explains how we can all help heal the world one visit at a time. House Calls is a reminder that some of the most important factors in healing are not high-tech marvels but ordinary factors such as love, compassion, friendship, and hope.

Life Without A Limb: Amputees Speak Out

Code: ERVID001 Video, Approx. Running Time: 49 minutes

In the first part of this video, James (58, above-knee/below-knee), Alice (50, below-knee), James (78, bilateral below-knee), Terri (34, above-knee), Charles (54, above-knee), and Dorothy (60, above-knee) talk about how a positive attitude helps them lead active, independent, fulfilling lives. In the second part, Dr. John Shaw discusses phantom sensation and pain, and the amputees talk about their own personal experiences with phantoms. Various treatment options are also covered. In the third part of the video, Dr. Roger Butterbaugh and Steven Riggert, PhD, discuss the feelings of grief and loss that normally follow amputation and the amputees add comments from their own experience. In the final part, called Bouncing Back, the amputees tell how family support, religion, and the success of others helped them accept themselves and become stronger people after their amputations.

Management of Residual Limbs After Amputation

Code: ERVID002 Video, Approx. Running Time: 28 minutes

This video demonstrates application of these techniques by practitioners and patients themselves. Shoulder and hip disarticulations, transhumeral and transradial amputations, transfemoral and transtibial amputations, Symes amputations, and knee disarticulations are covered.

One Step At A Time

Code: ERBK043 2000, Paperback, 179 pages

It is a triumphant story of Lenor Madruga's determination to dance, drive, swim, water ski, ride horses, make love--and do almost everything she used to do before her operation.

The Next Leg of My Journey

Code: ERBK042 2000, Paperback, 161 pages

Forty years old, single and an amputee, fighting to rebuild her life and to secure her daughters' futures as well as her own, this is a story of unbelievable willpower and human triumph.

One Step Beyond

Code: ERBK040 1999, Paperback, 189 pages

This inspiring book offers a fascinating insight in the strength and courage of human spirit. The Australian native extreme sportsman Warren McDonald shares his experiences of struggling and overcoming the challenges of limb loss.

Reflections on Managing Disability

Code: ERBK011 1984, Booklet, 16 pages

Born without arms, Reverend Wilke reflects on the pain of being different and offers eight ways that the distress of not being like everyone else can be transformed into valuable life-enriching experiences.

Repercussion

Code: ERBK012 1998, Paperback, 340 pages

Repercussion is the fictionalized story of a professional dancer (George Velazquez, in real life) who loses his left leg below the knee when struck by a hit-and-run driver.

The Novel Approach to Sexuality

Code: ERBK003 1996, Paperback, 195 pages

The author, an above-knee amputee and experienced support group leader, has documented her research into the relationship and sexuality issues surrounding amputation into novel form.

Using Everything You've Got

Code: ERBK014 1984, Booklet, 11 pages

Rev. Wilke, born with upper extremity limb differences, has written this inspirational book encouraging people to focus on what they have, rather than what they don't possess.

LOWER EXTREMITY

Advanced Gait Training: Lower Extremity

Code: ERVID003 Video, Approx. Running Time: 40 minutes
This video demonstrates advanced techniques for amputees to negotiate escalators, curbs and ramps, transfer to and from the floor, and step over objects.

Beginning Prosthetic Training for the Above Knee Amputee

Code: ERVID004 Video, Approx. Running Time: 20 minutes
This video shows proper application and removal techniques of an above-knee prosthesis with suction band, and with a suction socket. Exercises leading to a smooth, safe and cosmetic gait pattern are also demonstrated.

Functional Prosthetic Training for Transfemoral Amputees

Code: ERVID021 Video, Approx. Running Time: 36 minutes
Offers an exercise progression for most levels of prosthetic user. Exercises focus on stability, balance, muscular endurance, coordination, and agility.

Functional Prosthetic Training for Transtibial Amputees

Code: ERVID022 Video, Approx. Running Time: 50 minutes
Offers an exercise progression for most levels of prosthetic user. Exercises focus on stability, balance, muscular endurance, coordination, and agility.

Life on Wheels

Code: ERBK021 1999, Paperback, 549 pages
This book covers medical issues, such as paralysis, circulation, respiration, rehab, cure research; day-to-day living, such as exercise, skin, bowel and bladder management, home access, sexuality, wheelchair maintenance; and social issues, such as self-image, adjustment, friends, family, cultural attitudes, and activism.

Lower Extremity Amputation

Code: ERTA003 1992, Hardcover, Spiral Bound, 254 pages.
This guide is an outgrowth of a procedural manual used at the Rehabilitation Institute of Chicago.

Manual Para el Cuidado Del Paciente con Amputacion por Arriba de la Rodilla

Code: ERBK020 1998, folleto, 36 páginas
Este manual explica, a recién amputados, información básica sobre la cirugía de amputación, el cuidado inmediatamente después de la cirugía, y la construcción de prótesis para varios niveles de amputación. El texto está ilustrado con dibujos, y contiene un glosario de terminología técnica y una lista corta de referencias al final del manual.

Manual Para el Cuidado Del Paciente con Amputacion por Debajo de la Rodilla

Code: ERBK019 1998, folleto, 32 páginas
Este manual explica, a recién amputados, información básica sobre la cirugía de amputación, el cuidado inmediatamente después de la cirugía, y la construcción de prótesis para varios niveles de amputación. El texto está ilustrado con dibujos, y contiene un glosario de terminología técnica y una lista corta de referencias al final del manual.

Patient Care Booklet for Above -Knee Amputees

Code: ERBK017 1999, Booklet, 35 pages
This booklet explains to new amputees the basics of amputation surgery, post-operative care, and construction of prostheses for various levels of above-knee amputations. The text is liberally illustrated with drawings, and there is a glossary of terms and a short resource list at the end.

Patient Care Booklet for Below-Knee Amputees

Code: ERBK018 1998, Booklet, 30 pages
This booklet explains to new amputees the basics of amputation surgery, post-operative care, and construction of prostheses for various levels of below -knee amputations. The text is liberally illustrated with drawings, and there is a glossary of terms and a short resource list at the end.

Prosthetic Gait Training

Code: ERBK051 1989, Booklet, 37 pages
Use this booklet as a stand-alone item or to go along with the video. A systematic approach to prosthetic gait training that includes a variety of methods for teaching amputees to weight shift, maintain prosthetic control, and utilize the pelvis and trunk correctly during walking. Includes references and a list of organizations.

Prosthetic Gait Training Program for Lower Extremity Amputees

Code: ERVID024 Video, Approx. running time: 33 minutes
A systematic approach to prosthetic gait training that includes a variety of methods for teaching amputees to weight shift, maintain prosthetic control, and utilize the pelvis and trunk correctly during walking.

Soccer. My Life, My Passion

Code: ERBK044 2001, Paperback. 165 pages
This inspiring story by the Italian born soccer player describes his experiences in "the New World where he was born anew with the will power to overcome his physical, financial and communication handicaps." Joe Di Lillo gives an insight in his life as an amputee sportsman as well as a newcomer to the American way of life.

The Biomechanics of Lower Limb Amputee Running

Code: ERVID019 Video, Approx. Running Time: 47 minutes
This video uses a variety of visual effects, including animations, to examine the phases of running.

The Essentials of Lower Limb Amputee Running

Code: ERVID020 Video, Approx. Running Time: 62 minutes
This video reveals the secret to teaching any amputee how to run or to move quickly in five easy steps. Countless amputees of all ages have learned to run in a single session using Robert Gailey's time-tested methods.

UPPER EXTREMITY

Bilateral Shoulder Disarticulation

Code: ERVID005 Video, Approx. Running Time: 28 min.
This video, Ken, a middle-aged man with traumatic bilateral shoulder disarticulations, demonstrates how his prostheses operate and some activities of daily living.

Child Care with Bilateral Transradial Amputations

Code: ERVID006 Video, Approx. Running Time: 15 minutes
In this video Jeff uses both body powered and externally powered prostheses to prepare baby bottles, feed baby, take off baby's jacket, change diapers, and place baby in stroller and car seat.

One Can Do It

Code: ERBK002 1994, Paperback, 185 pages
You can succeed in life despite your disability. Right arm amputee Sheri Coin Marshall explains how she overcame her physical impairment to become an Airline Transport Rated pilot, inventor, potter, scuba diver, drag boat racer, author and mother of two.

One Handed Typing and Keyboard Manual Code: ERBK041 2001, Paperback, 60 pages

With the use of either your right, or left hand, this manual will teach you to type on a standard keyboard, with the normal keys everyone else uses. It includes personal motivational messages and anecdotes from others who have overcome the challenge of one-hand typing.

One-Handed in a Two-Handed World

Code: ERBK048 2000. Paperback, 250 pages
This book is an invaluable tool for anyone involved in the life of someone who has lost use of a hand or arm. It provides hands-on advice on all major challenges one might experience single-handedly. Topics include personal care, dressing, dining out, cooking, cleaning up, household chores, office work, traveling, household repairs, work outside your home, leisure activities, sports and sexuality.

Prosthetic Fitting and Self Care in a Bilateral Above Elbow Traumatic Amputee

Code: ERVID008 Video, Approx. Running Time: 28 minutes
With Jack Uellendahl, C.P.O. narrating, Stephen demonstrates the use of his old and the newly improved prostheses.

The Handbook: Information for New Upper Extremity Amputees

Code: ERBK023 1995, Paperback, 175 pages
Designed to answer new arm amputees' questions about one-handed and no-handed living, this book deals effectively with the emotional impact of upper limb loss as well as physical therapy, occupational therapy, and the various kinds of arm prostheses and how they work.

The Use of Upper Extremity Prosthesis

Code: ERVID009 Video. Approx. Running Time: 49 minutes.
Art Heinze has both above and below elbow amputations and is the Director of Occupational Therapy at Northwest Medical Center in Thief River Falls, Minnesota. In this video, Art discusses psychosocial adjustment to amputation and levels of amputation; and demonstrates types and parts of body powered prostheses, how the prosthesis works, and activities of daily living.

CHILDREN WITH LIMB LOSS

Adolescents with Limb Loss

Code: ERBK024 1990, Booklet, 39 pages
This booklet is for both parents and adolescents who have acquired or congenital limb loss. There are sections on the stages of adolescence, self-image, independence, school, recreation, driving, sexuality and dating, and vocations.

Changed by a Child

Code: ERBK025 1993, Paperback, 314 pages
Raising a child with a disability can often be more isolating and frustrating than any parent ever imagines. Finally, here is a book that honestly describes the inner needs and range of issues parents of children with disabilities face.

Children with Hand Differences: Family's Handbook

Code: ERBK026 1990, Booklet, 30 pages
This booklet covers some of the issues that need to be addressed when caring for and raising children with any kind of hand difference. It discusses hand anatomy, normal hand function, and motor skill development through age six; and adaptive developmental considerations through adolescence. There is also information about financial and educational resources.

Children with Limb Loss: 6-12 years

Code: ERBK028 1990, Booklet, 34 pages
This booklet is for parents of limb-different children from six to twelve years old. It provides a guide to normal growth and development, including a section on starting school. It contains basic information on types of limb loss, medical care and treatment issues, and prosthetic options. There is also information about financial and educational resources.

Children with Limb Loss: Birth - 5 years

Code: ERBK027 1996, Booklet, 35 pages
This booklet is for parents of limb-different children from birth to five years old. It provides a guide to normal growth and development, including a section on starting school. It contains basic information on types of limb loss, medical care and treatment issues, and prosthetic options. There is also information about financial and educational resources.

Children with Limb Loss: Teacher's Handbook

Code: ERBK029 1989, Booklet, 24 pages
This booklet is for teachers who encounter young people with limb differences at school and in the community. It contains information teachers need to promote the child's positive adjustment to a prosthesis, encourage a successful school experience, and enhance feelings of self-worth. Information about financial and educational resources is included.

Coping with a Physically Challenged Brother or Sister

Code: ERBK030 1992, Hard Cover, 139 pages
Illustrated by personal stories from other families, Ms. Ratto covers the negative emotions children can experience when a sibling becomes disabled and ways to channel those emotions in positive directions. There are also a glossary, a resource list, and suggestions for further reading.

Coping with Being Physically Challenged

Code: ERBK031 1991, Hard Cover, 103 pages
This is an easy-to-read book that contains lots of "how to" advice both for self-help and for helping others. It doesn't focus exclusively on people with amputations but on disability in general. The text is interspersed with short first-person accounts by people with a wide variety of disabilities. The book contains a glossary of disability-related terms and a list of materials and sources for additional reading and reference. Recommended for ages 12 - young adult.

Fanny

Code: ERBK045 1986, Paperback, 16 pages
Fanny is a beautiful farm cat, who lives among all the other animals on the farm. She has a swishy tail, a gray coat and green eyes just like other cats. She is ordinary, but different too, for Fanny has only three legs. This story teaches youngsters how to deal with the challenges of their world, providing them with positive solutions to difficult problems. Recommended for ages 3 - 6.

Guia Para Familias de Ninos con Extremidades con Diferencias

Code: ERBK032 1997, folleto, 56 páginas
Este folleto sirve de ayuda a los niños con extremidades con diferencias y a sus familias. El propósito es complementar la información que su médico o el personal del hospital le han dado. El folleto contiene información sobre terminos especiales, primeras reacciones, desarrollo del niño, sugerencias al joven con una amputación reciente, tipos de perdidas de extremidas, tratamiento de las diferencias de las manos, recursos económicos y mucho más.

Harry and Willy and Carrothead

Code: ERBK046 1991, Hardback, 12 pages
Harry was born with no left hand. When he got to school, the kids asked him what was wrong with his arm. "Nothing," said Harry. "That's my prosthesis." Harry's hand didn't keep him from being a good baseball player--or a good friend. Harry, Willy and Carrothead are three of the most real kids you are apt to meet between book covers, and you will like them as much as they like each other. Recommended for ages 3 - 6.

Izzy, Willy-Nilly

Code: ERBK033 1986, Paperback, 280 pages
In this Newbery Award-winning novel, Cynthia Voigt tells the story of Isobel Lingard - her friends call her Izzy - who loses her right leg below the knee after an auto accident. Izzy is devastated. She thinks her life is over. During her extended stay in the hospital her parents and friends visit her. They are in denial. They ask, "How are you?" She replies, "Fine." The visits from hospital personnel are no better. Izzy cries alone. Finally, the high school misfit, Rosamond, visits and inadvertently - through her klutziness - helps Izzy cope with her loss. Recommended for ages 12 - young adult.

Kids Just Want to Have Fun

Code: ERVID010 Video, Approx. Running Time: 7 minutes
This video is designed to support children and teens with physical differences. It focuses on differences rather than handicaps or disabilities.

LLEAP Curriculum

Code: ERTA007 2002, Spiral-bound booklet, 38 pages
LLEAP addresses a key problem: the social stigma of children with disabilities, particularly those with a limb difference. The curriculum is based upon the premise that children can be taught to recognize and appreciate differences in themselves and others. The LLEAP curriculum includes 20 bookmarks, 20 stickers, a 24" x 36" full-color poster for display, four full-color example photographs, a recent edition of inMotion magazine, and a spiral-bound curriculum guide.

Oliver's High Five

Code: ERBK047 1998, Paperback, 15 pages
This children's book deals gently with a difficult topic. The simplicity of the plot and language belie the complexity of issues relating to the physically challenged that are dealt with and hinted at in this small colorful volume. Recommended for ages 4 - 8.

Puppy Love

Code: ERBK034 1998, Paperback, 30 pages
Puppy Love combines her love of children and dogs and a book about unconditional love, acceptance and tolerance. Puppy Love has a big message for everyone! Recommended for ages 2 - 5.

Rolling Along with Goldilocks and the three Bears

Code: ERBK035 1999, Hardcover, 32 pages
This picture book is an adaptation of Goldilocks and the Three Bears, the classic folktale retold with a special-needs twist. This new version is especially appealing to children with physical disabilities, but it is also an entertaining tale for all children, with or without special needs. Recommended for ages 2 - 5.

Stranded

Code: ERBK036 1995, Paperback, 247 pages
Not being like other kids at school is a burden for Koby who lost her foot in an accident, but she has her dinghy, Titmouse. She's at her happiest when she's alone on the water. One day she finds herself stranded in the middle of the ocean with two dying pilot whales. Their lives are in Koby's hands; there are no rescuers in sight. A teenage girl plus rescued whales make entertaining reading for youngsters. Recommended for ages 8 - 12.

The Making of My Special Hand

Code: ERBK037 1998, Hardback, 29 pages
This wonderfully illustrated children's book captures a toddler's experience of getting her very first prosthetic hand. It is especially suitable for young children who are about to go through the experience of getting their first prosthetic device or are in the middle of that process. Recommended for ages 2 - 5.

Upper Limb Prosthetic Options for Kids: Below Elbow

Code: ERVID011 Video, Approx. Running Time: 20 minutes
This video and handbook are intended to serve as a parent guide to basic issues about prosthetic care for children with upper-limb differences. Although the focus is below-elbow fitting, terminal devices available for children are generally the same in above- and below-elbow limb loss. Handbook included.

What's the Difference

Code: ERVID012 Video, Approx. Running Time: 8 minutes
This video is designed to support teens with physical differences and educate their peers. It focuses on differences rather than handicaps or disabilities. It features children with various physical challenges—all enjoying various activities such as kayaking, hockey, skiing and shopping. The teens talk openly about their lives and their differences.

Who is Amelia?

Code: ERBK038 1998, Paperback, 59 pages
Written primarily for the general orthopedic resident, this important guide provides insight into caring for children with congenital limb deficiencies. Responsible management of these children's conditions and appropriate interaction with their families are critical to these children's healing and development.

FITNESS

Balance, Agility, Coordination & Endurance for Lower Extremity Amputees

Code: ERBK052 Video, Approx. running time: 34 minutes
A functional progressive exercise program that takes the amputee through the developmental sequence, practicing a variety of skills in each posture. Also featured are advanced activities that can be performed with and without a prosthesis.

Balance, Agility, Coordination & Endurance for Lower Extremity Amputees

Code: ERVID025 Video, Approx. running time: 34 minutes
A functional progressive exercise program that takes the amputee through the developmental sequence, practicing a variety of skills in each posture. Also featured are advanced activities that can be performed with and without a prosthesis.

Bed Top Yoga

Code: ERVID016 Video, Approx. Running Time: 35 minutes
Carol Dickman's Bed Top Yoga guides listeners through a series of simple stretches and yoga postures, ending with a brief relaxation. Use this beginner's program either on the bed or on the floor.

Fitness for All

Code: ERVID013 Video, Approx. Running Time: 45 minutes
A workout video geared toward the needs of those who have undergone lower-limb amputation or suffered leg and ankle injuries.

Home Exercise Guide

Code: ERBK049 1995, Booklet, 63 pages
Presents patients with all of the information they will need to perform over 100 exercises safely and independently. This comprehensive guide complements formal physical therapy, empowering your patients to maximize their potential as prosthetic wearers.

Keep Fit While You Sit

Code: ERVID014 Video, Approx. Running Time: 40 minutes
In this video, three people with disabilities, led by a professional aerobics instructor, demonstrate upper body exercises that can be done sitting down.

Seated Aerobic Workout

Code: ERVID018 Video, Running Time: 78 minutes
Seated Aerobic Workout! is a 78 minute fitness videotape with a 20 page booklet of 100 annotated still photos, developed in collaboration with a disabled former professional figure skater. A simultaneous lower intensity version enables anyone from the fabulously fit to the severely handicapped to get all the benefits of a true aerobic workout: weight control, muscle tone, endurance, the mood enhancing and pain reducing effects of endorphins, and a healthier heart and circulatory system, without using or overdeveloping the legs!

Seated Yoga

Code: ERVID017 Video, Running Time: 44 minutes
This 43 minute exercise program is ideal for use in your office, at home in a chair or on the edge of a bed, at your computer, or when traveling.

Stretching & Strengthening for Lower Extremity Amputees

Code: ERBK0501994, Booklet, 62 pages
Outlines the principles and guidelines of a complete self-stretching program and a progressive strengthening program, covering all three types of muscle contraction. Exercises are designed and demonstrated exclusively for amputees.

Stretching & Strengthening for Lower Extremity Amputees

Code: ERVID023 Video, Approx. running time: 44 minutes
Outlines the principles and guidelines of a complete self-stretching program and a progressive strengthening program, covering all three types of muscle contraction. Exercises are designed and demonstrated exclusively for amputees.

Any of the above can be ordered by contacting:

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