

AlliedOP, Inc.

New Jersey—Randolph ♦ Bloomfield ♦ Wyckoff ♦ Shrewsbury ♦ Mt. Laurel ♦
North Brunswick ♦ Northfield ♦ Flemington ♦ Sewell ♦
Pennsylvania—Elkins Park ♦ East Stroudsburg ♦ Bethlehem
(800) 848-8866

Living With Your Amputation:

A Patient's Guide to Recovery and Rehabilitation

Losing a limb is a difficult experience for anyone at any age. You may feel anxious, confused, frightened, and/or even lonely. All these are perfectly normal and are shared by many others.

AlliedOP recognizes and understands these feelings. For over 40 years, AlliedOP has been committed to the highest quality of individualized care and caring needed to help people with amputations achieve the greatest level of function and independence possible.

Our certified prosthetists are an integral part of the rehabilitation team, which includes you, your family, your doctor and your physical or occupational therapist. Together, we will work to help you achieve the highest possible level of function, comfort and acceptance as you learn to use and live with your new prosthesis.

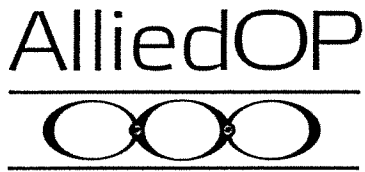
AlliedOP has prepared this handout to answer some of your questions about recovery and rehabilitation after losing a limb. We hope this will guide you through this difficult time and to the realization that it is not what you lost, but what you have left that really matters.

Choosing Your Prosthetist

It is important to choose your prosthetist as carefully as you do your doctor. Because you will have a very close and long-term relationship with your prosthetist, your choice is a very personal one. Here are some facts to consider when making that decision:

Certification: The American Board for Certification in Prosthetics and Orthotics, Inc. (ABC) ensures the highest standards of education, training, and level of professionalism. Look for the title of Certified Prosthetist and Orthotist (C.P.O.) Or Certified Prosthetist (C.P.) when choosing your prosthetist. All of AlliedOP's practitioners are ABC certified.

Experience: When it comes to designing the most appropriate prosthesis and getting the best fit, experience counts. Do not hesitate to ask questions and get recommendations from others. Choose a certified prosthetist who is thoroughly familiar with your particular level of amputation. AlliedOP prosthetists have more than 50 years of combined experience and are well known for their expertise in prosthetics.



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Communication: The relationship with your prosthetist is long-term and requires open, honest communication. AlliedOP's prosthetists work closely with you throughout your recovery and rehabilitation. Communicating your needs, expectations, concerns, and lifestyle goals ensures that you will receive the best prosthetic care available.

Location: You will make many trips to your prosthetist's office for fitting and adjustments, especially during the first year. Consider location and any scheduling needs when choosing a prosthetist.

Insurance Coverage: Many HMO and PPO insurance plans now have provider agreements and you may be required to use certain prosthetists. As a leading provider of prosthetic services, AlliedOP has provider agreements with all major insurance providers, Medicare, and Medicaid. In addition, our insurance specialists are available to discuss costs and payment options.