

# Information about the **Pneumatic Post Amputation Mobility (PPAM) Aid**



One of the Healthcare Professionals that you will see following your amputation will be a physiotherapist. They will discuss possible goals with you and help you to achieve them.

This may involve using a Pneumatic Post Amputation Mobility (PPAM) aid.

## **What is a Pneumatic Post Amputation Mobility Aid (PPAM) aid?**

A Pneumatic Post Amputation Mobility Aid (PPAM aid) is a device which is used following amputation surgery to:

- assess your ability to use an artificial limb,
- help your wound to heal and
- prepare you to walk with an artificial limb.

## **Who can use a PPAM aid?**

If they are physically fit enough to do so, anyone can use a PPAM aid following a below knee, through knee or above knee amputation.

## **When can I use a PPAM aid?**

Usually about 7 – 10 days after your surgery, after an assessment of your wound.

## **What are the benefits?**

The PPAM allows you to walk again and help controls the swelling after your surgery. It also prepares you to walk with a prosthetic limb. The other benefits include:

- Psychological boost
- Reduces swelling
- Improves circulation and wound healing
- Improves balance
- Improves postural reactions
- Prepares you to use a prosthetic (artificial) limb
- Decreases pain
- Decreases phantom sensation

## Is it safe to use a PPAM aid?

Before you begin using a PPAM aid your physiotherapist will review your wound to make sure you are ready to use it. Your physiotherapist will carefully monitor your wound before and after using the PPAM aid.

There may be some leakage from your wound site, especially if your leg is swollen, don't worry about this, the staff will monitor your wound closely.



## Applying a PPAM aid

A PPAM aid consists of 2 rubber bags (these may be grey or black) and a metal frame with a rocker style foot attached.

1. Your physiotherapist will check your wound site and remove your shrinker sock (if you are wearing one). They will place the small rubber bag at the end of your amputated limb and this act as a cushioning bag. If you are wearing trousers or pyjamas you can apply the PPAM aid over them.



2. You pull the larger bag up over your amputated limb while your physiotherapist holds the small cushioning bag in place.



3. Your physiotherapist slides the metal frame (which comes in various lengths) over the bag until it is the same length as your other leg. You can do this whilst sitting or standing, your physiotherapist will advise you.



4. Your physiotherapist will use a pump to inflate the outer bag to 40mmHg; they check this with a calibrated pump.



Below is a link to a PPAM aid fitting video

[www.ortho-europe.com/product/pneumatic-post-amputation-mobility-aid-ppam-aid](http://www.ortho-europe.com/product/pneumatic-post-amputation-mobility-aid-ppam-aid)

## Using a PPAM aid for the first time

The first time you use a PPAM aid, the bags will be applied on their own and the pressure will be pumped up to between 20 - 30 mmHg for 5 - 10 minutes. Your physiotherapist will check your wound before this occurs and again after.

If you are comfortable and the physiotherapist is happy with your wound they will re-apply the PPAM aid and gradually increase the pressure and the length of time you have it on for.

Once you are comfortable with the bag at 40mmHg for approx 10 minutes then you will progress to having the bags applied with the frame and standing within parallel bars (or with similar support). This may happen within the one session or it may take several sessions.

Your physiotherapist will continue to monitor your wound, if they have any concerns they may stop using the PPAM aid.

Gradually you will progress to walking within the parallel bars. Your physiotherapist will teach you how to do this and give you any assistance that you may need.

You may then progress to using elbow crutches or a walking frame in the gym area.

Everyone progresses at a different rate and your physiotherapist will monitor your ability and progress. Some people progress to walking in the gym area on their own but you should always be using a frame or crutches as **you should never take all of your weight through a PPAM aid.**

Occasionally, clients have a trial at walking outside on uneven ground, on slopes and on stairs.

You will continue to use a PPAM aid until you have been fitted with an artificial limb.

Many clients use their mobile phones to take photographs or videos of themselves walking with a PPAM aid to show to family and friends.

## Patients' Thoughts



How did it make you feel?

Out of the wheelchair

Back on my feet, I feel human again

Absolutely marvellous

Got my confidence back

How was the first time?

Heavy at first

Tight

Wary at first

Strange initially

Simple easy to use

Loved it

Proud



Overall Thoughts



Absolutely marvellous

Couldn't believe it walking again

I wanted to use it every day

## Notes

This image shows a full page of blank handwriting practice paper. It features approximately 20 evenly spaced, horizontal blue lines running across the entire width of the page. The background is a solid off-white color, providing a clear contrast for the blue lines. There are no margins, text, or other markings present.



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