

Using the PPAM Aid



Pneumatic Post Amputation Mobility Aid

An early walking aid used to improve mobility following lower limb amputation consisting of a pneumatic sleeve and cushion enclosed by a frame

Benefits of PPAM Aid Use



Improves cardiovascular fitness and exercise tolerance



Increases upper and lower body strength



Boosts mood



Reduces oedema, pain and contractures



Aids in wound healing



Used to predict and assess the chance of successful limb fitting

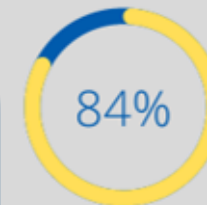
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Recommendations

- Apply pneumatic bag to 20-30 mmHg for 5-10 minutes
- Increase pressure to 40mmHg for 10 minutes
- Progress to the use of pneumatic bag with frame in standing
- Select correct size i.e. length and diameter available in lengths of 650mm, 750mm and 850mm, both regular and bariatric
- Clean after each patient with warm water & mild detergent or soap

Key Recommendations

- Introducing PPAM aid is the clinical decision of the physiotherapy staff
- Commence 7-10 days post-operatively; early use of PPAM aid is associated with quicker time to delivery of prosthesis
- Avoid application on bare skin
- Use initially within the parallel bars
- Progress in terms of time worn, distance covered, walking aid used and task specific activities e.g. obstacle course, different floor surfaces, backward walking, side stepping, unsupported standing
- Continue use until the delivery of prosthesis to maintain oedema reduction and fit



Used PPAM aid during their rehabilitation

[Scan for full guidelines](#)

