



## TIPS FOR ORIENTATION TO A PELVIC LIMB PROSTHETIC

Motivators and rewards all timed precisely to when the desired behavior occurs

1. Verbal rewards
2. Special small food treats
3. Special toys
4. Special activities (walks, meals)
5. Pals (human or animal)

Activities (use motivators and rewards)

1. Handle the leg and residual limb segment daily: pet, massage, gentle pressure with 2 hands.
2. While Standing with the prosthetic on:
  - a. Tap the leg on the ground gently.
  - b. Gently push at the level of the hip to shift weight on to the prosthetic leg.
  - c. Gently push at the level of the hip to shift weight on to the normal leg.
  - d. Lift the normal hind leg up to shift weight on to the prosthetic leg.
  - e. Lift the diagonal front limb up to shift weight to the hind limbs.
  - f. Lift the same side front limb up to shift weight on to the hind limbs.
  - g. Lift both front legs off of the ground a few inches; with time progress to “dancing.”
  - h. Place a lift (your hand, block, step, curb, etc.) under the prosthetic limb to allow resting of the leg. Gradually decrease height of this lift over time (minutes to days) to encourage weight-bearing on the ground.
  - i. Distract with food, toys, pals, etc.
3. While Walking with the prosthetic on:
  - a. Leash walk at very slow pace; it’s harder to maintain a walk on 3 legs than it is to trot.
  - b. Find a smelly place and encourage sniffing the ground; for boys find a good place to mark (post, tree, hydrant, etc.).
  - c. Uneven ground: it requires more balance and encourages putting prosthetic leg down; initially avoid rocky areas where the prosthetic can get caught.

- d. Stand and walk perpendicular to the fall line of a hill each direction (prosthetic leg downhill, prosthetic leg uphill). Increase the difficulty by using steeper hills.
- e. Curb step ups: find a curb and repeatedly ask for slow step up.
- f. Cavaletti walk throughs (4-5 obstacles to step over, lined up in parallel); vary the height; angle the obstacle so one side is higher and walk through each direction.
- g. Stairs (2-3 steps at most initially): slow pace to encourage using the prosthetic leg; don't allow hopping up the step (this occurs more with faster pace).