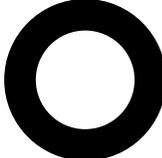


LLLDAM

limb loss & limb difference awareness month

coloring book



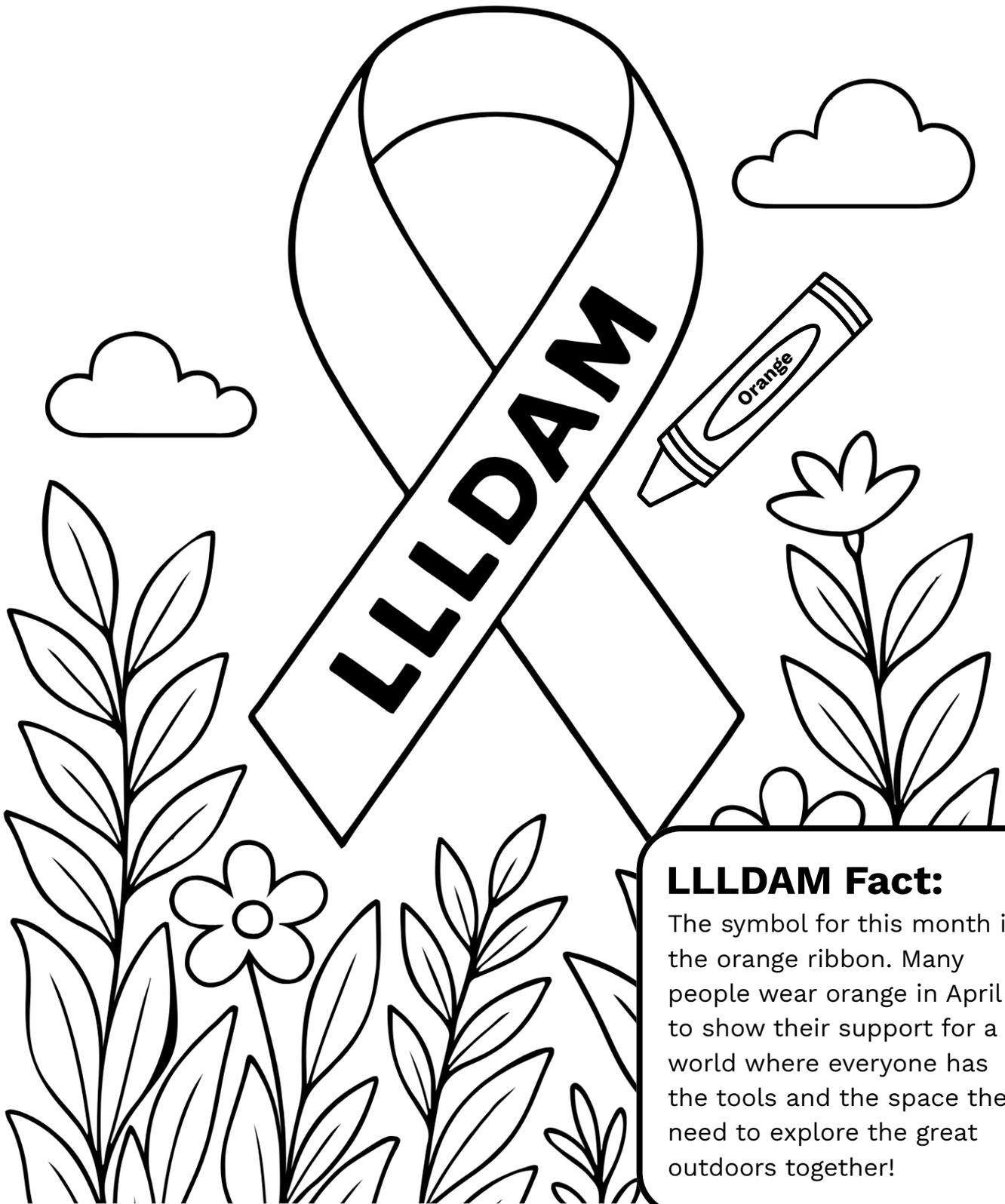
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Did you know?

April is Limb Loss & Limb Difference Awareness Month (LLLDDAM)! This is a special time to celebrate the millions of people living with limb differences and to share their incredible stories of strength and adventure.



LLLDAM Fact:

The symbol for this month is the orange ribbon. Many people wear orange in April to show their support for a world where everyone has the tools and the space they need to explore the great outdoors together!



Learn more about LLLDAM by visiting us online at www.ottobockcare.us





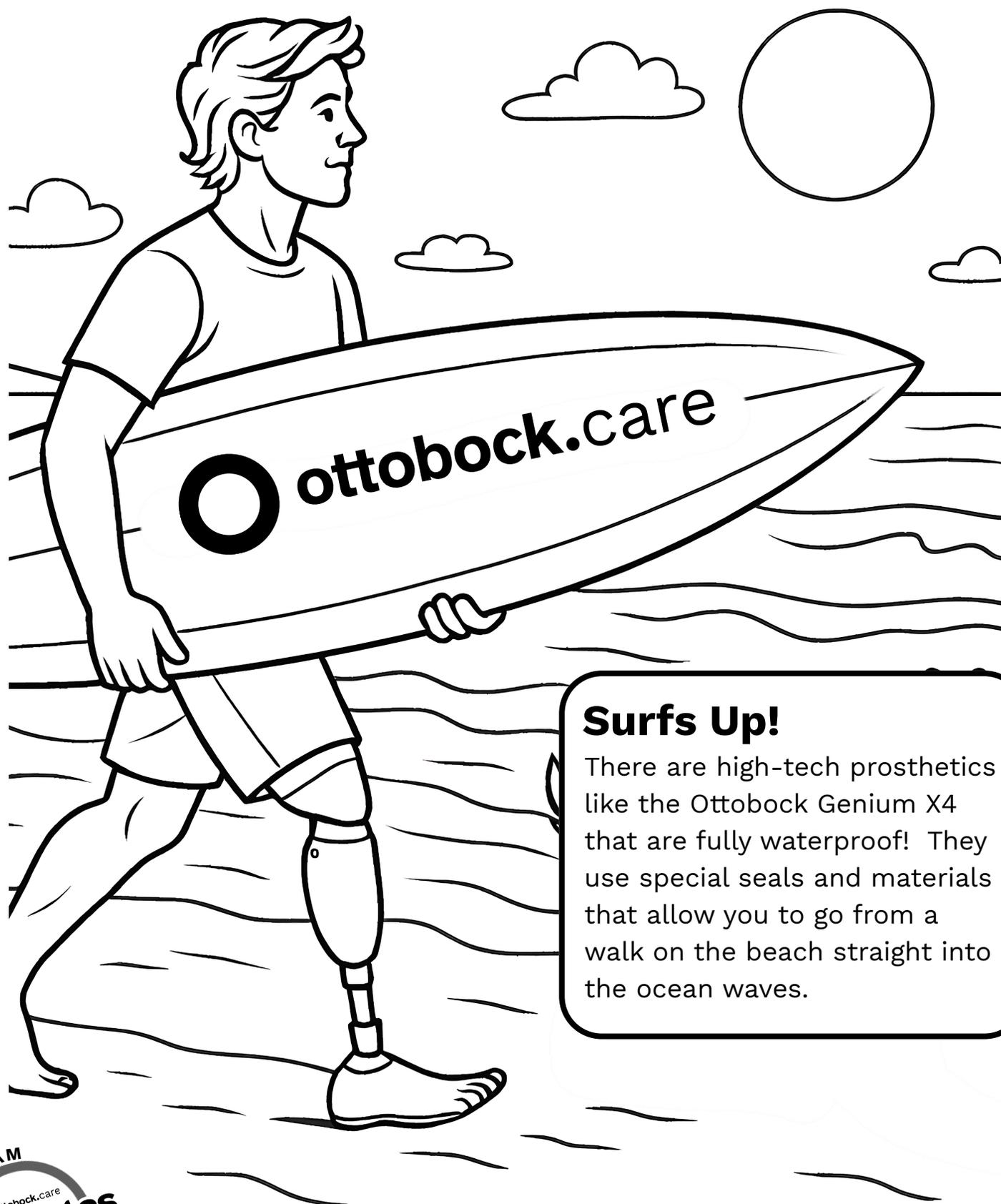
Did you know?

Just like skateboard wheels have different "hardness," prosthetic feet can be adjusted to be springier for jumps or stiffer for balance.



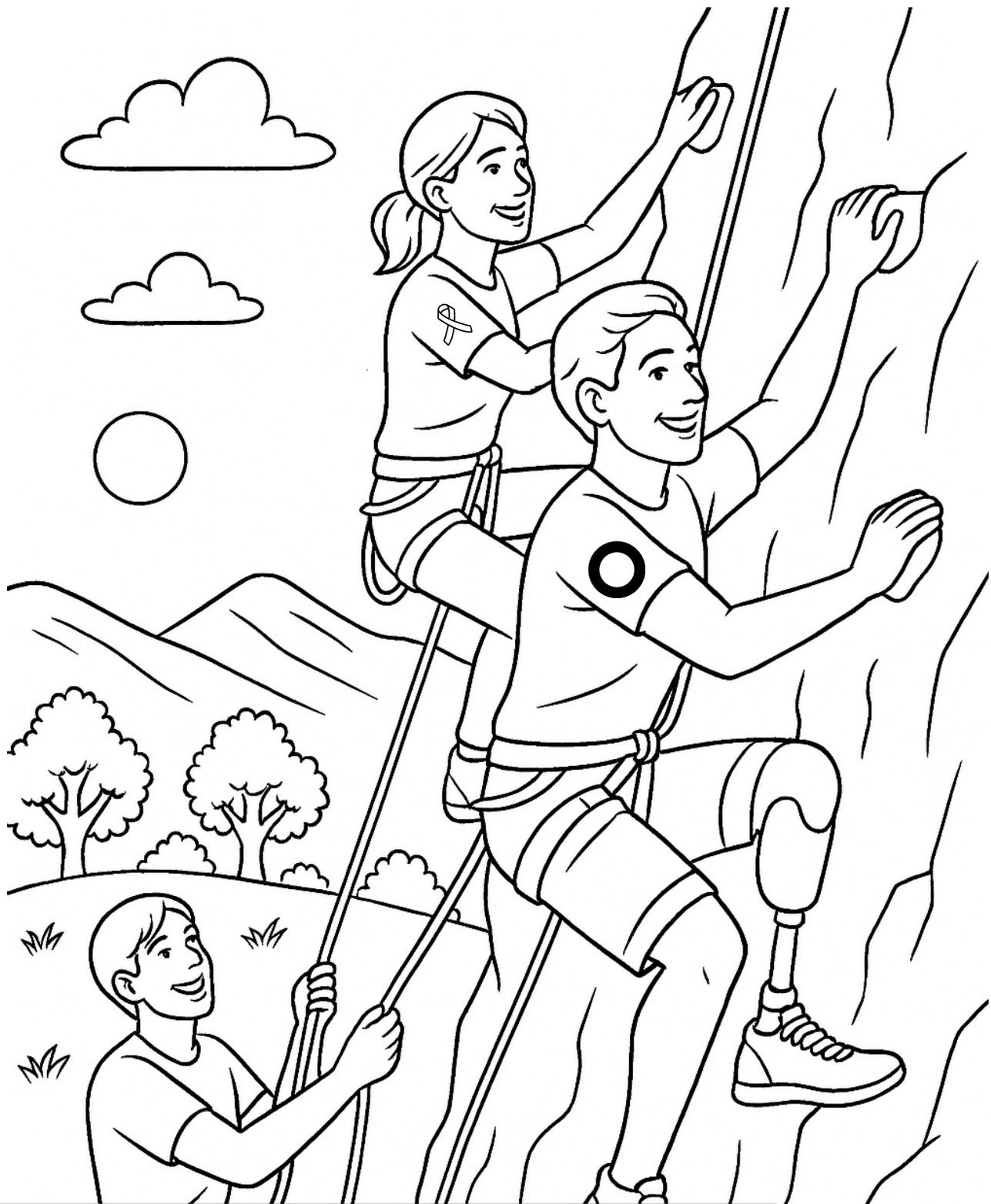
Microprocessors in prosthetics?

Some prosthetics have built-in microprocessors (tiny computers) that can tell if you are walking on flat ground, grass, or a ramp, and adjust instantly!



Surfs Up!

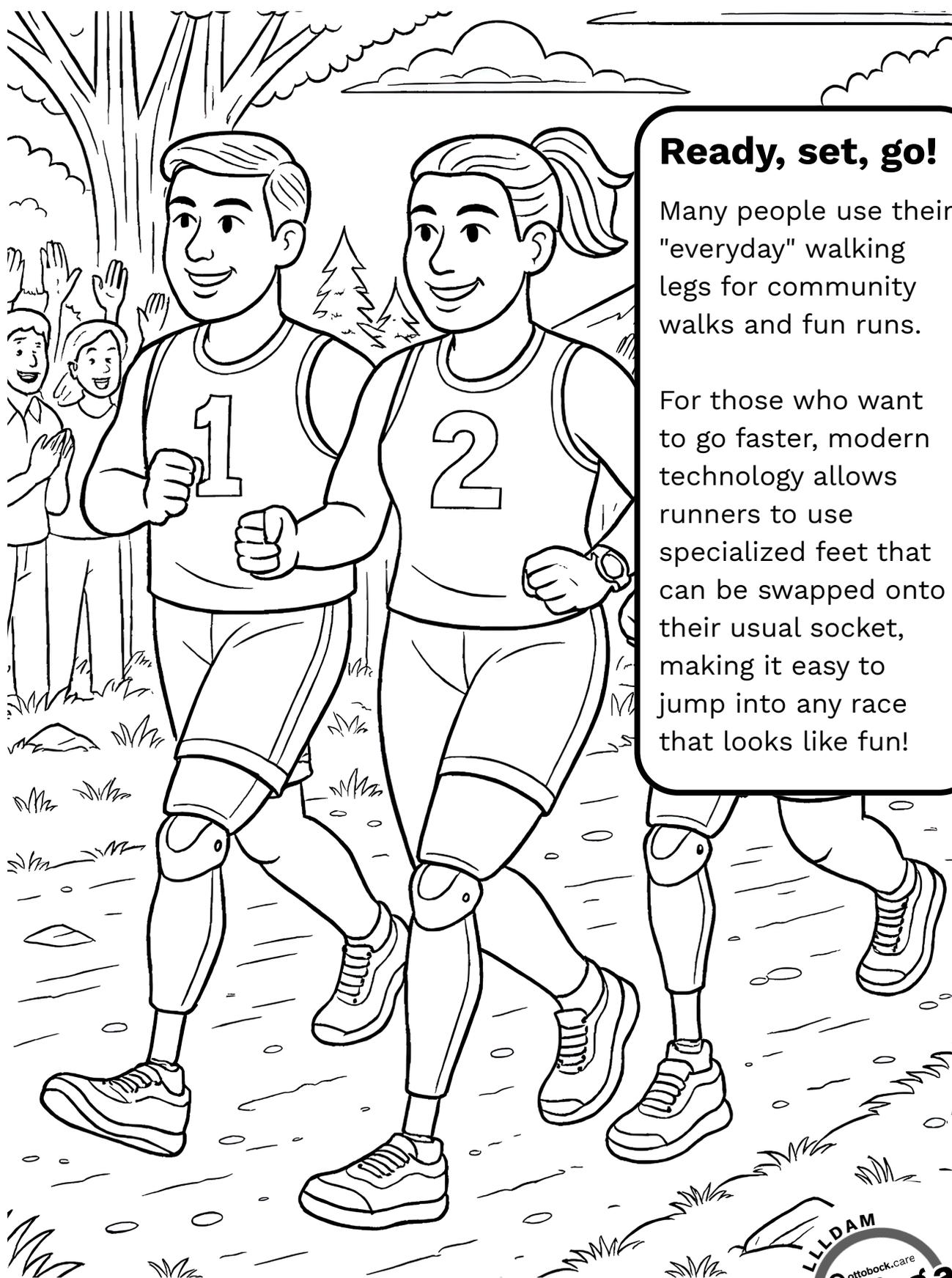
There are high-tech prosthetics like the Ottobock Genium X4 that are fully waterproof! They use special seals and materials that allow you to go from a walk on the beach straight into the ocean waves.



Time to climb!

Climbing is such a popular outdoor activity for amputees that many gyms now have "Adaptive Climbing" nights. Because every climber's body is different, they get to be creative, figuring out exactly which movement works best for their specific prosthesis.





Ready, set, go!

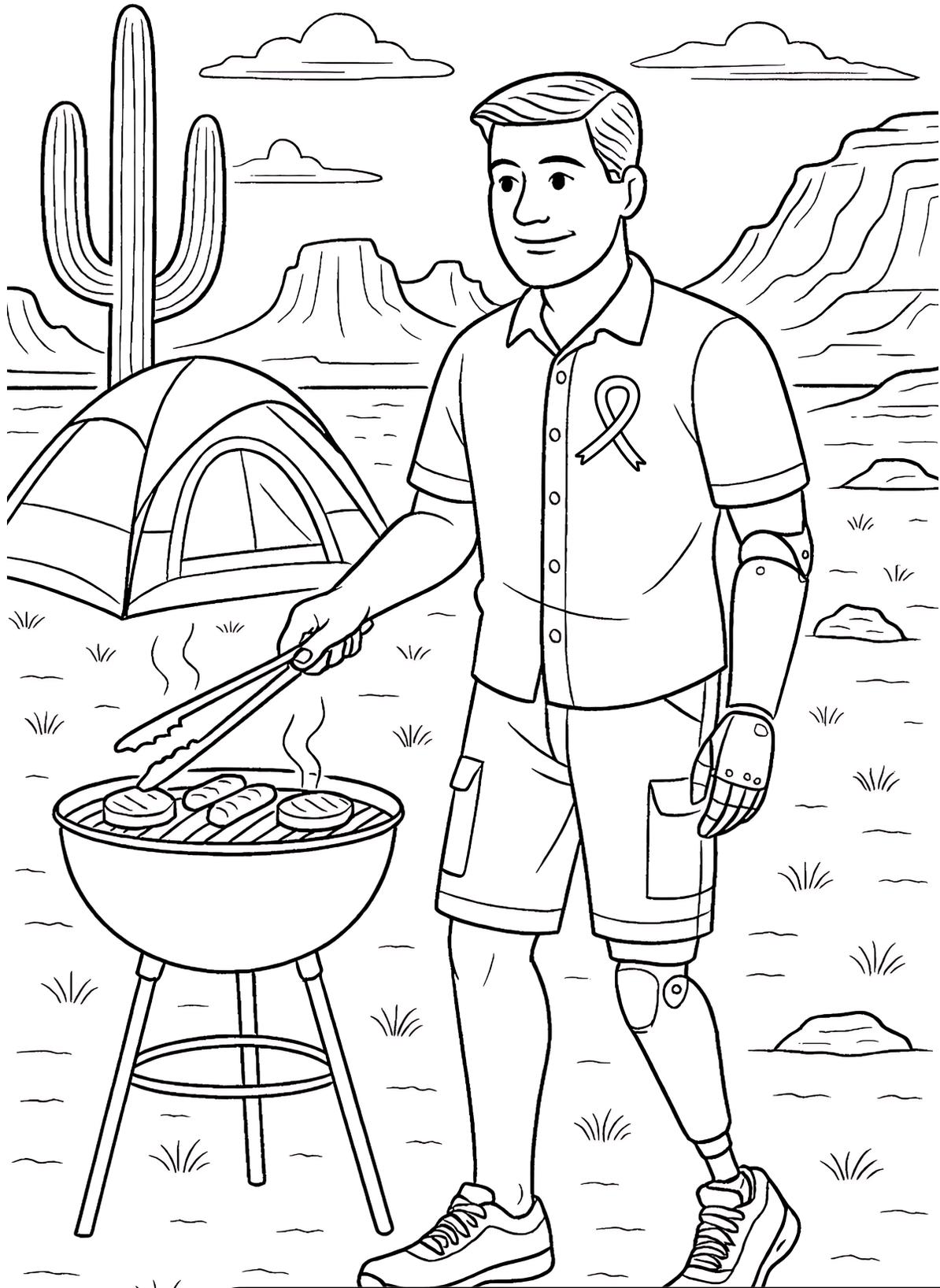
Many people use their "everyday" walking legs for community walks and fun runs.

For those who want to go faster, modern technology allows runners to use specialized feet that can be swapped onto their usual socket, making it easy to jump into any race that looks like fun!



How do prosthetic hands work?

Myoelectric hands work by "listening" to your muscles. When you flex your arm, sensors on your skin pick up the tiny electric signals and tell the hand to open or close.



How does a prosthesis stay on?

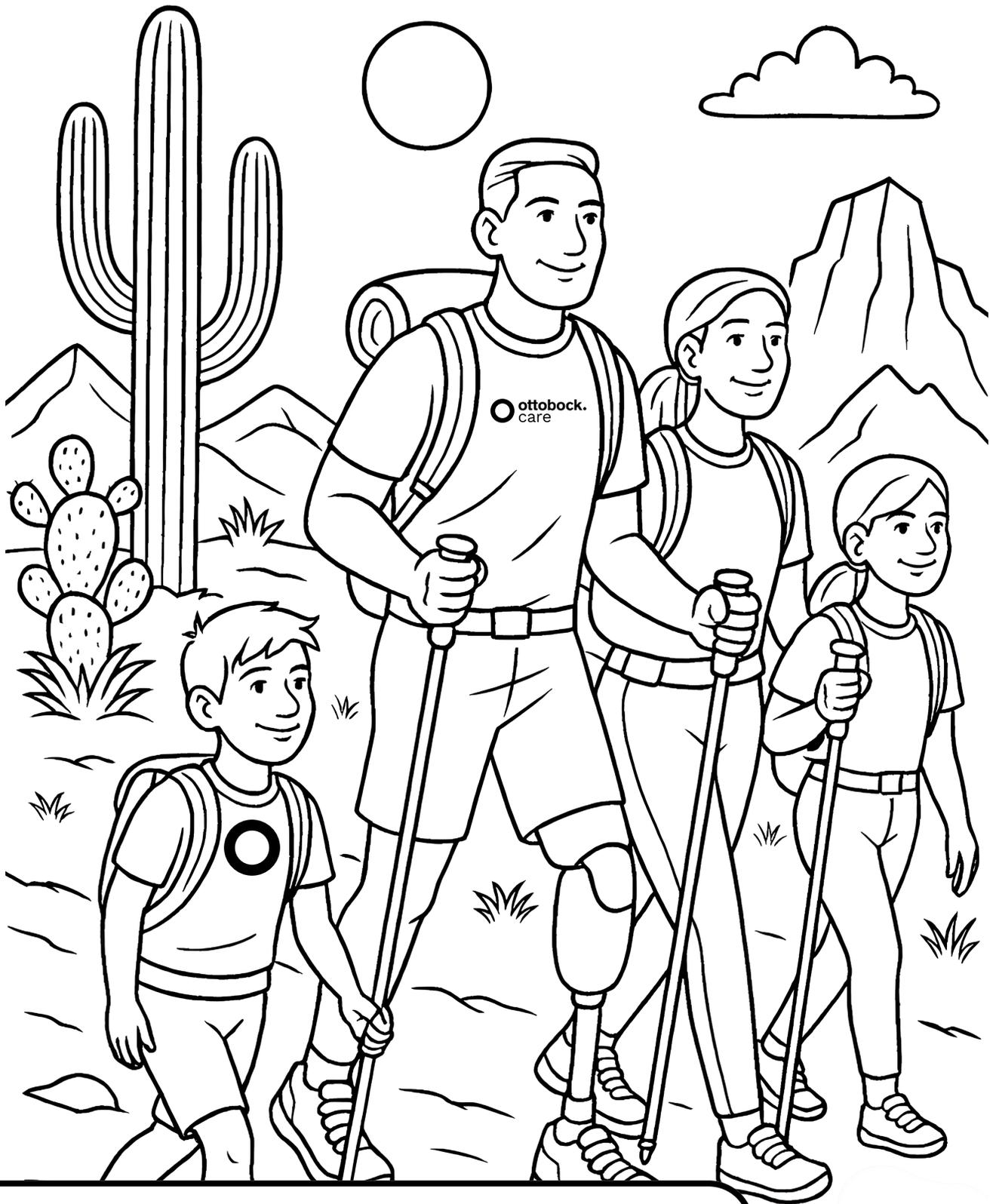
One way prosthetics are held on is by a vacuum seal. By pumping the air out of the socket, the limb stays perfectly in place using nothing but air pressure!



Prosthetic Fact:

Carbon fiber is so light that a whole prosthetic leg often weighs less than a biological leg, making long hikes through meadows much easier.





Did you know?

People with limb differences are out there every day—hiking, camping, and enjoying the view. It's a huge community of people who prove that the best part of any journey is the freedom to follow your own path!





Let's get moving, together!

Millions of people with limb differences are out there blazing trails every day. From the tallest mountains to the widest meadows, there are no limits to where life can take you!



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Harrisburg, PA (717) 910-1900
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