

LimbPower Guide – Physical Activity, Sports and Prostheses

Prosthetic prescription options for activities and sport for above and below elbow amputees



There is a common misconception that you need a bespoke state of the art prosthesis to take part in activities and sport. This is not true, there are many activities that you can take part in with or without a prosthesis on. Some activities may require prosthetic adaptations/adjustments, which could

be available to you at your limb centre. There are exceptions where you may require a high activity specialist prosthesis, such as a running blade. It is unlikely you will be given a bespoke sporting prosthesis from your limb centre but it is worth asking your prosthetist what is available for the

activities you want to take part in. This guide is designed to help you understand what you can do with your current prescription and identify what prostheses might help you to take part in your chosen sport. Your limb centre will be able to advise you what is included in their prescription service.

Physical activity and sport prostheses for below elbow amputees

Type of prostheses available under the current prescription	Track Athletics	Field Athletics	Swimming	Cycling	Wheelchair Basketball	Tennis	Badminton	Cricket	Volleyball	Football	Equestrian	Golf	Gymnastics	Canoeing/Rowing	Sailing	Skating	Shooting	Squash	Rugby Union	Walking Football	Walking Cricket	Archery
No prosthesis worn	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
Lower activity	A	A or E	A	A or B	A or F	A or M	A or M	A or M	A or M	A or F	A or Q	A or H	A or O	A or E	A or E	A or E	A or U	A or M	A or K	A or K	A or F	A or U
Medium activity	A	A or E	A	A or B	A or F	A or M	A or M	A or M	A or M	A or F	A or Q	A or H	A or O	A or E	A or E	A or E	A or U	A or M	A or K	A or K	A or F	A or U
High activity	A	A or F	A or L	A or B	A or F	A or M	A or M	A or M	A or M	A or F	A or Q	A or H	A or O	A or E	A or E	A or E	A or U	A or M	A or K	A or K	A or F	A or U
Competitive/Specialist (unlikely to be available through the NHS)	A	A or F	A	D or E	A or F	A or M	A or M	A or M	A or M	A or F	A or Q	A or H	A or O	A or E	A or E	A or W	A or U	A or M	A or K	A or K	A or F	A or U

Physical activity and sport prostheses for above elbow amputees

Type of prostheses available under the current prescription	Track Athletics	Field Athletics	Swimming	Cycling	Wheelchair Basketball	Tennis	Badminton	Cricket	Volleyball	Football	Equestrian	Golf	Gymnastics	Canoeing/Rowing	Sailing	Skating	Shooting	Squash	Rugby Union	Walking Football	Walking Cricket	Archery
No prosthesis worn	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
Lower activity	A	A or E	A	A or C	A or K	A or N	A or N	A or N	A or N	A or K	A or R	A or I	A or P	A or I	A or I	A or E	A or T	A or N	A or K	A or K	A or M	A or V
Medium activity	A	A or E	A	A or C	A or K	A or N	A or N	A or N	A or N	A or K	A or R	A or I	A or P	A or I	A or I	A or E	A or T	A or N	A or K	A or K	A or M	A or V
High activity	A	A or E	A or L	A or C	A or K	A or N	A or N	A or N	A or N	A or K	A or R	A or I	A or P	A or I	A or I	A or E	A or T	A or N	A or K	A or K	A or M	A or V
Competitive/Specialist (unlikely to be available through the NHS)	A or D	A or E	A	D or E	A or K	A or N	A or N	A or N	A or N	A or K	A or R	A or J	A or P	A or J	A or J	A or E	A or T	A or N	A or K	A or K	A or M	A or V

- A. No Prosthesis
- B. Standard or reinforced socket, modular forearm unit with ball and socket or clamp attachment
- C. Standard or reinforced socket, lockable elbow, modular forearm unit with ball and socket or clamp attachment * For mountain biking consider hydraulic elbow
- D. Specialist prosthesis with rigid formed blade/starting block prosthesis
- E. Standard socket, modular forearm unit with simple attachment
- F. Standard or reinforced socket, modular forearm unit with specialist attachment
- G. Standard or reinforced socket, lockable elbow, modular forearm unit with specialist attachment
- H. Standard or reinforced socket, modular forearm unit with cylinder attachment for gripping shaft
- I. Standard or reinforced socket, lockable elbow, modular forearm unit with cylinder attachment for gripping shaft
- J. Reinforced socket, lockable elbow, modular forearm unit with specialist cylinder attachment for gripping shaft
- K. Standard prosthesis with foam hand/paddle or hoop attachment for holding ball
- L. Plastic/rubber flipper directly attached to socket

- M. Standard prosthesis, with cylinder attachment for gripping racquet or bat/small hoop attachment for holding ball to serve or bowl
- N. Standard prosthesis, with lockable elbow, cylinder attachment for gripping racquet or bat/small hoop attachment for holding ball to serve or bowl
- O. Standard prosthesis, rubber stopper 'mushroom' end/attachment for gripping apparatus
- P. Standard prosthesis, lockable elbow, rubber stopper 'mushroom' end/attachment for gripping apparatus
- Q. Standard prosthesis, Voluntary Closing hook/Terminal Device for reins
- R. Standard prosthesis, 3 point harness, lockable elbow, VC hook/TD for reins
- S. Standard prosthesis, modular forearm with VC hook/TD, or cylinder attachment for gripping
- T. Standard prosthesis, lockable elbow, modular forearm with VC hook/TD, or cylinder attachment for gripping
- U. Standard prosthesis, bespoke cylinder attachment/gripping device/VC hook/TD
- V. Standard prosthesis, lockable elbow, bespoke cylinder attachment/gripping device/VC hook/TD
- W. Specialist ski arm

This Matrix is a work in progress and will be continually updated as we hear from prosthetists and rehabilitation consultants on what is included in their prescription service.

LimbPower, Whitecroft, Tandridge Lane, Lingfield, Surrey RH7 6LL T: 07503 030702 E: andy@limbpower.com W: www.limbpower.com

LimbPower exists to engage amputees and individuals with limb impairments in regular and sustained participation in physical activity, sport and the arts to improve quality of life and to aid physical, social and psychological rehabilitation. To find out more about how we can help you, visit our website. LimbPower is a Limited Company No. 09513024 Charity No 1132829

