



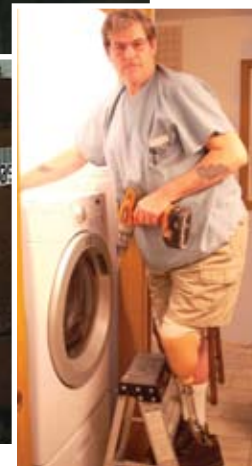
THIS ISSUE

Roadie Finds
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Him Fine

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Offers Better
Braking

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Amputees

Follow-Up Care
Is Important



Matt Stermer, above with the directors and producers of Monday Night Football's anniversary tour. At left, Matt checks an electrical tie-in. At right, Matt at work in a home remodeling project.

Rock Band Roadie Finds the Right Fit

Matt Stermer, 52, has been wearing a prosthesis since he was two years old, but that has never stopped him from living his life to the fullest. "I've had no regrets," he said.

Although he maintained a high level of activity for more than 30 years as a roadie doing sound, lights and video production for performers such as Bob Seger, Jackson Brown, the Chicago Symphony Orchestra, and REO Speedwagon to name a few, he continually battled pain and discomfort from a prosthesis that wasn't well-fitted. His work required him to move quickly between sound equipment out in the audience and the stage during performances, as well as climbing ladders doing setup work. "I had a couple of extra safety devices so my leg wouldn't fall off if I was climbing a ladder but there was

one incident where that did happen in front of beauty pageant contestants as we were adjusting the lighting for a video. There was fainting and screaming," he said. "It's funny now, but it wasn't so funny then."

It was only when he became a patient of prosthetist/orthotist Mickey Ozretich, that he felt comfortable and achieved a fit that enabled him to walk confidently, including on uneven terrain.

"I've visited the crème de la crème of healthcare facilities across the country looking for a more comfortable fit and an end to the pain. I couldn't find anybody who could do it," Matt said. "Because I've seen so many practitioners, I'm in a good position to judge the quality of work. That's why I'm so happy

Continued on next page

with Mickey and Ron Pawlowski, CPO, and everybody at Calumet.

“With the first leg I received from Calumet I was finally able to have a sense of propriation and proper gait. My wife accompanied me to one of my first fittings with Ron and Mickey, and they not only fit me, but gave me exercises to do to maintain the proper gait. They also instructed my wife on what to watch for so I wouldn’t do it wrong; that became something phenomenal for me.”

“The people at Calumet are phenomenal. I never felt the level of compassion, caring and professionalism that I encounter there.”

Matt became a BK amputee as a result of a birth defect – born without a fibula or ankle bone. “Doctor’s tried bone grafts at first, but nothing worked. I had a number of bone revisions as I was growing, cutting the bone back to keep pace with tissue growth. In all, I’ve had 64 surgeries,” he said.

He recalled that as a child, his practitioner was in downtown Chicago near the Shriners Hospital. “I remember peeking under the curtain and seeing him with a big knife carving a block of wood to make a leg,” he said, describing his first leg as a Long John Silver peg leg. “It was essentially a broomstick at the end of my residual limb.”

For most of his adult life, Matt wore a thigh corset joint style leg, but now has a suspension sleeve endoskeletal with a Flex Foot.

“He’s very active and hard on his prosthesis, so the sturdiness of the Flex Foot was a good match for him,” said Mickey.

Matt is an active member of the Porter County Emergency Management Agency, the Community Emergency Response Team (CERT), and an instructor for the American Red Cross.

“I can walk on uneven terrain and even the CERT Certification was no problem,” he said. “I live on 2.5 acres in Valparaiso and I am able to easily walk around my yard.”

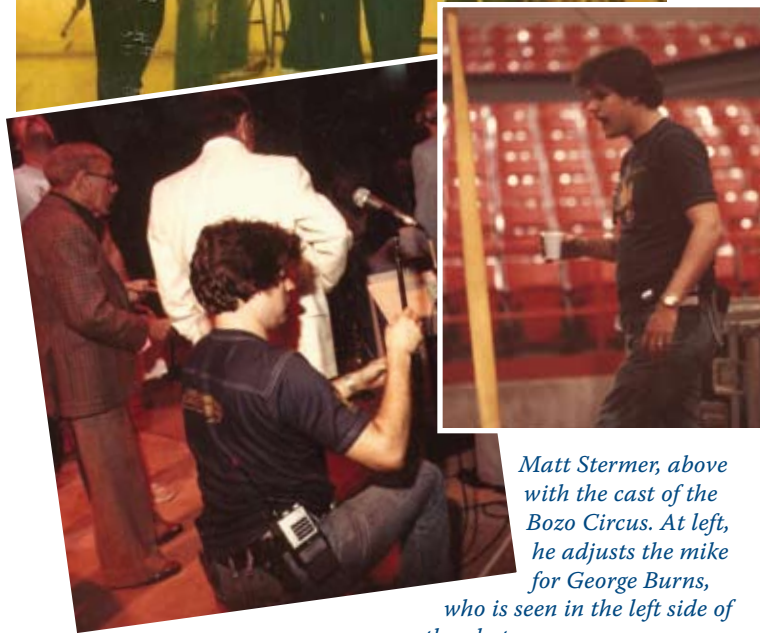


Matt with the fire extinguisher at CERT certification.

Matt became a patient of Calumet in 1996 after he decided to settle in Northwest Indiana.

“As a roadie, I traveled extensively and it took a toll on my home life. I was never able to give back to the community; but I’m making up for it now and staying involved in my children’s lives. My wife and I have a total of eight children, a true yours, mine and ours situation,” he said.

Matt recently has been battling problems in his right leg. Severe arthritis resulted in hip replacement surgery in 2006, but the new hip became dislocated eight times. He battled infection



Matt Stermer, above with the cast of the Bozo Circus. At left, he adjusts the mike for George Burns, who is seen in the left side of the photo.

for seven months and finally he changed physicians, finding a specialist in Plymouth who was able to help him, but only after removing the replacement hip and being on total bedrest for almost four months while on antibiotics.

“Without a hip it was too painful to move even slightly,” he said. “And with all the bed rest, I developed an ulcer on my residual limb behind my knee.”

Until the ulcer heals, Mickey has fabricated a temporary, partial weight-bearing socket, which Matt will wear for three or four months; then his permanent leg will be refitted.

“Mickey is in constant communication with my hip specialist to make sure we are all on the same team with care. My specialist, who hadn’t heard about Calumet before me becoming a patient, was blown away by the level of caring and communication both Mickey and Ron have shown.”

“I’ve worked here with Ron here since 1962, and Calumet is always more concerned about patient care than anything else,” said Mickey. “We just don’t provide a product; we want our patients to feel well and to do well. Matt is a great guy to work with too. We have a lot in common. Patient care is more than just providing a service. It’s talking and listening and establishing a personal relationship.”

Said Matt: “The people at Calumet are phenomenal. I never felt the level of compassion, caring and professionalism that I encounter there. This shop really cares.”

Otto Bock 3R92 Knee Offers Improved Braking System

Improved functionality in knee joints for low- and moderate-activity amputees can be found in the Otto Bock 3R92.

The 3R92 is equipped with a load-dependent braking mechanism that offers the user increased security. At heel contact, the brake is activated and stabilizes the prosthesis throughout the entire loading response phase of stance.

The 3R92 offers an improvement over conventional friction-brake knee joints, which must be unweighted for release. But the 3R92 releases during forefoot loading, so that the user can easily initiate swing-phase without having to hip-hike, delivering a more correct gait.

Swing phase is controlled by a dual chamber pneumatic cylinder and is ideal for patients who can vary their cadence. The result is smooth, secure walking that saves energy for the user, while also offering a more natural gait

The 3R92 can accommodate patients up to 275 pounds.

As with all prosthetic components, what works for one patient may not be appropriate for another. Every amputee has a different residual limb and will use their prosthesis in different ways. As with any upper or lower prosthesis, the practi-



tioners at Calumet evaluate each person's individual situation to select the most beneficial device for them.

For more information about the Otto Bock 3R92 knee, contact your Calumet practitioner at (219) 477-4535.

New Video Resources For Amputees

The Amputee Coalition of America (ACA) is excited to announce a series of nine new streaming videos entitled Introductory Amputee Care on the ACA Web site, www.amputee-coalition.org.

The videos, narrated by ACA President and CEO Paddy Rossbach, contain important information for new lower limb amputees.

The nine short videos include:

- "Wrapping with an Elastic Bandage (AK or BK)"
- "Applying a Shrinker"
- "Getting Up from the Floor"
- "Walking with a Dynamic Response Foot"
- "Using a Cane"
- "Using a Walker"
- "Using Crutches"
- "Donning an AK Prosthesis with a Full Suction Socket"



These skills are important to the recovery process for all amputees, and these unique videos make initial care for people with limb loss easy to understand. They are an important resource for professionals and caregivers

to share with anyone learning how to live with limb loss. The video series can be accessed at www.amputee-coalition.org/video/introductory_amputee_care.html.

In addition, the ACA library contains a number of other video resources, available for interlibrary loan, including rehabilitation for upper extremity, trans-tibular and trans-fibular amputees.

For more information about available library resources, including interlibrary loan, contact the ACA library at library@amputee-coalition.org.

The mission of the Amputee Coalition of America is to support, educate and advocate for people with limb difference. These educational videos, including both those available for download and interlibrary loan, are a great FREE resource for people living

with limb loss. Whether you are a professional in the industry, a caregiver, or a person with limb loss, contact the ACA to utilize all the resources available to you.

Calumet Orthopedic & Prosthetics Co.

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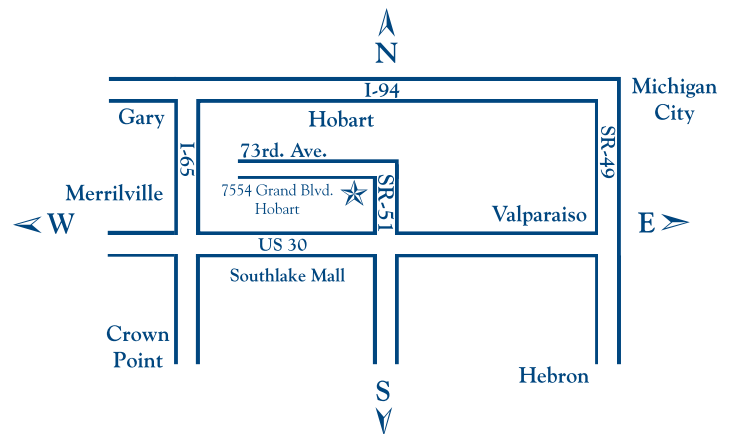
Isn't It About Time for Your Follow-Up Appointment?

At Calumet Orthopedic & Prosthetics, we want to make sure that each patient is experiencing optimal fit and function from their orthosis or prosthesis.

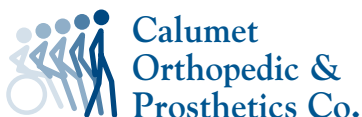
The fit of the prosthesis and orthosis can change dramatically over time because of changes in weight, activity level, body shape, or medical history. Those factors may mean a prosthesis or orthosis may be in need of adjustment to assure the patient has the best possible outcome.

When you visit us for followup care, it gives you the opportunity to ask any questions you may have about your level of comfort and mobility, and for us to assess whether you are in need of any adjustments, repair, or maintenance, and whether you may benefit from new state-of-the-art components and materials.

Don't put it off any longer. Call us for your follow-up care and checkup at (219) 942-2148, or (800) 556-2564.



Directions: approximately five miles East on US 30 from Southlake Mall or eight miles West from Valparaiso. Exit Rt. 51 (Grand Blvd. or Adam Benjamin Hwy.), half-mile North to corner of 73rd Ave. and SR-51.



(219) 942-2148

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