What happens after discharge?

If you require ongoing rehabilitation when you are discharged, you will either:

- Be provided with a follow up appointment with physiotherapy at Addenbrooke’s hospital
- Be referred to physiotherapists at your local hospital for an outpatient appointment
- Be referred to physiotherapists in the community who will visit you at home.

Useful contacts

Lysa Downing
Clinical specialist physiotherapist
01223 217856

Addenbrooke’s hospital main switchboard
01223 245151

Addenbrooke’s rehabilitation clinic 9
Box 120
Hills Road
Cambridge
CB2 2QO
01223 217859

Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.info@addenbrookes.nhs.uk.

Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.
Who do we see?

- Patients considering having an amputation.
- Patients having undergone a recent amputation.
- Established amputee patients on the wards if there are ongoing needs related to amputation.
- Outpatients who are learning to use a prosthetic limb.

What to expect from physiotherapy after an amputation

Following your operation, a physiotherapist will visit you on the ward and, when appropriate, rehabilitation will continue in the physiotherapy gym.

A wheelchair will be loaned to you to increase your independence on the ward and a referral made to wheelchair services. You will be issued with your own wheelchair for discharge. If you already have a wheelchair, we will assess if this still meets your needs.

Initially, physiotherapy will focus on teaching you how to transfer safely between the wheelchair and a bed, toilet and chair.

We will teach you an exercise programme that you should continue at home. This aims to maintain and/or increase the range of movement and strength in your hip and knee. This is particularly important if you are hoping to use a prosthetic limb.

We will provide information on caring for your wound and assist with reducing swelling.

Can I hop after my amputation?

No, this is discouraged due to the stress on the remaining leg when hopping, and the risk of falling causing further damage to the wound. Occasionally crutches will be provided. This tends to be for patients whose amputation is due to an accident rather than circulation.

Will I get a prosthetic limb?

After amputation you will be referred to the rehabilitation consultant in the limb fitting centre, who will assess your suitability for an artificial limb. This is a joint decision between yourself, physiotherapists, prosthetists, nurse and your consultant. In some circumstances, a trial with an early walking aid in physiotherapy will be given before the final decision is made.

Factors that may affect the decision include:

- Previous level of mobility.
- Strength and condition of the remaining leg.
- General health, specifically cardiac and respiratory health.
- Ability to transfer and mobilise with a wheelchair independently.