ForMotion™ CLINIC

Rehabilitation Timeline

After Amputation

Preparing for life after amputation begins before surgery. This timeline outlines the typical stages of rehabilitation, helping you understand what to expect as you heal and progress toward your first prosthesis. Your surgical and rehabilitation teams are important partners in your care and can recommend experienced prosthetic providers. **Choosing a Certified Prosthetist Orthotist (CPO) is your decision. Look for a clinician who listens to your goals, advocates for your needs, and works with you to develop solutions that support the way you want to live.***

0–3 WEEKS

- Surgical recovery and wound management
- Choose your prosthetist and have a consultation with them
- Fit with post-operative device and wear as instructed
- Residual limb shaping
- Complete post-operative exercises as recommended by physical therapy

4–5 WEEKS

- Suture removal
- Fit with shrinker and wear with post-operative device as instructed
- Obtain Rx and schedule initial prosthetic evaluation
- Continue rehabilitation exercises

1–2 MONTHS

- Measure and cast for prosthesis
- Fit with first prosthesis

2–4 MONTHS

- Take home first prosthesis
- Complete prosthetic gait training with physical therapy
- Residual limb volume will continue to stabilize

ONGOING

- Partner with your care team to maintain optimal fit of the prosthesis due to limb maturing and natural volume changes

*Recovery timelines vary based on your overall health, physician's orders, healing, level of amputation, and personal goals.

This material is for educational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional regarding your individual medical needs.

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