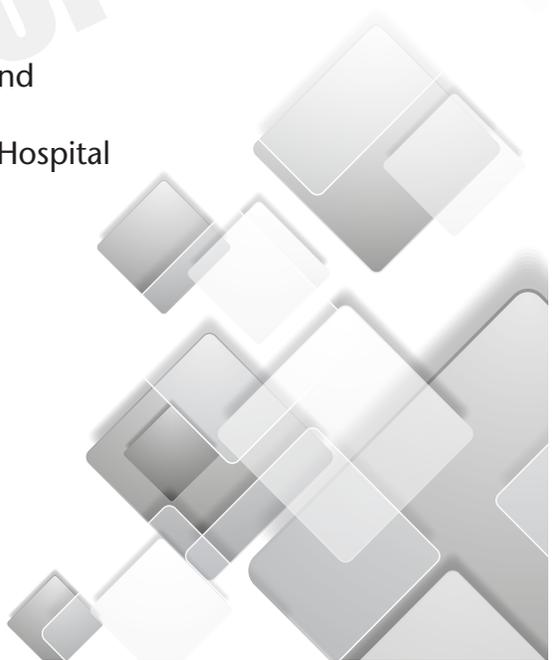


Information about  
**Water Activity Limbs**

**WestMARC**

West of Scotland Mobility and  
Rehabilitation Centre  
Queen Elizabeth University Hospital  
1345 Govan Road  
Glasgow  
G51 4TF

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You have been provided with a limb which is suitable for water activities.

Unlike any other limb you may have, its components are safe to go under water.

Please be aware that any activity involving walking on wet surfaces greatly increases your risk of falling and you should always follow the guidance before using your water activity leg:

- You should be well and able enough to use your water limb correctly. Examples of when to avoid using the limb are:
  - o When blood sugars are erratic
  - o When you are on medication that affects you adversely e.g. make you dizzy
  - o When you are generally feeling unwell
- Your limb should remain secure when you wear it. If this is not the case please do not use the limb and contact your prosthetist for a review.
- You are using the appropriate walking aids or grab rails for your ability and the activity. Your physiotherapist and occupational therapist can give you advice on these things.
- The limb appears in good repair with no obvious loose components, corrosion or damage and there are no noises from it when you wear it. If any of these occur, do not use the limb and contact your prosthetist for a repair.

After use, you should rinse the limb with clean water; it is particularly important to rinse off sea water and chlorinated water. Overtime this may cause deterioration of the component.

You may then need to turn your limb upside down or hold it at an angle to drain any remaining water out of it. You can use it when wet but you may find it is more comfortable to put on and use if the socket part is dry.

If you use your limb on the beach use the nozzle of your vacuum to remove the dry sand before rinsing the limb.

### **Contact Details**

**Opening Times:** Monday to Friday 8.30am to 4.30pm

**Telephone:** 0300 790 0129

(Monday to Friday: 8.45am to 4.15pm).

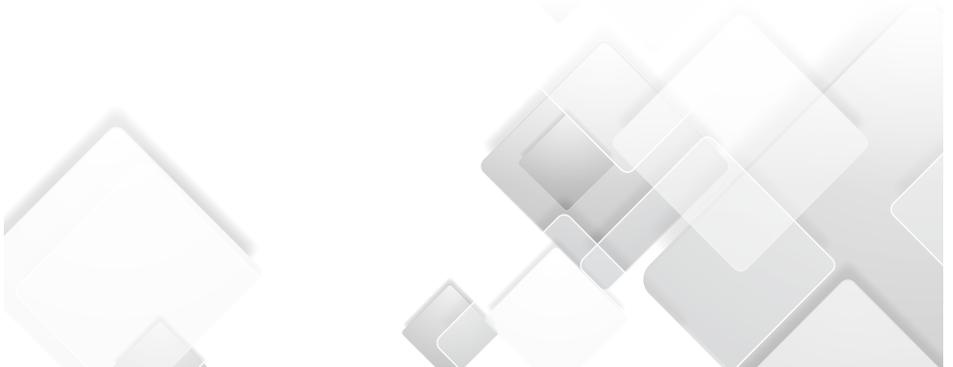
An answerphone is available if the phone lines are busy.

**Website:**

[www.nhsggc.org.uk/your-health/health-services/westmarc](http://www.nhsggc.org.uk/your-health/health-services/westmarc)

**Email:** [westmarc@ggc.scot.nhs.uk](mailto:westmarc@ggc.scot.nhs.uk)

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