

# AOFE Clinics and Annatommie MC

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- in close cooperation with MRC Doorn and Radboudumc Nijmegen The Netherlands -



**AOFE**  
CLINICS

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Luc Knap  
Director  
Case manager



Dr. Jan Paul Frölke  
Orthopedic traumatologist



Drs. Lotte van Hessem  
Orthopedic surgeon



Drs. Fred van der Meer  
Rehabilitation physician



Dicky de Best  
Experience expert

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# What is osseointegration

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Osseointegration is a method of anchoring a leg or arm prosthesis to the body.

By inserting an orthopedic implant into the bone, a prosthesis can be attached by means of an adapter and connector, the so-called click system.



# What is osseointegration



# Advantages of osseointegration

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1. Better control over the prosthesis and more stability (safety)
2. Wearing time of the prosthesis increases significantly
3. Walking takes less energy
4. “Prosthesis feeling” (better contact with the ground)
5. Better seating comfort
6. Prosthesis does not come off while sitting / walking / cycling
7. Prosthesis is easy to put on and take off
8. No perspiration problems in summer
9. Standing shower

# Disadvantages of osseointegration

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1. Stoma should be cleaned twice a day.
2. Risk of irritations and infections on/in the stoma
3. No contact sports, skiing, jogging



# Activities with osseointegration

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- To walk
- Bicycles
- Swimming (pool – sea – lake)
- Sauna
- Fitness



# Patient testimonials

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*I have never regretted the decision to have osseointegration done. I am often asked: what is the advantage of this? then I say: 'I can walk again with and without my dog without stopping, cycling and sports (sitting volleyball), I am not so tired anymore, I have much less pain in my lower back and I am only more than 1 year further! I have my life back! And I continue.....*

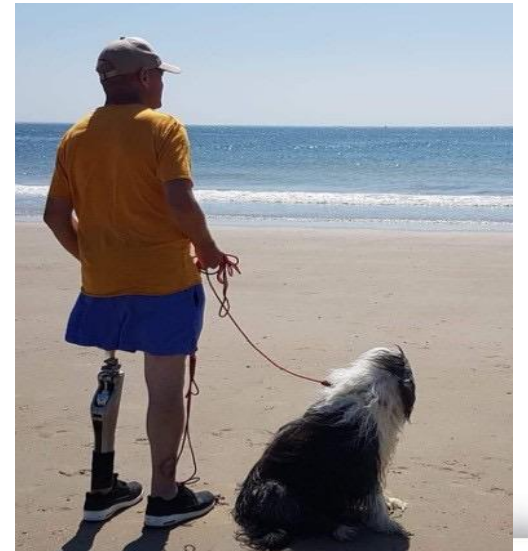
How the world has opened up for me again!

I keep walking on "my own" legs.

I did not use the wheelchair after March 15, 2018.

If only this had come my way years ago.

*You really learn to walk again.*





# Who is eligible for osseointegration?

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- Prosthesis use less than 50 hours per week
- Walking distance less than 2 km
- Often skin problems because of the socket
- Uncomfortable sitting
- Release of the prosthesis during daily activities
- A lot of perspiration due to socket / liner

# Who is **not** a candidate for osseointegration?

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- Severe diabetes
- Severe bone growth abnormalities or malformations
- Immature bone
- Bone diseases (stump bone infection)
- Chemotherapy
- Severe vascular disease in the legs
- Pain without a clear cause
- Overweight (BMI>30)
- Smoking

# Treatment schedule

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## Surgery

1. Adjust stump and implant stem
2. Create a skin opening and mount dualcone adapter

Max two nights hospitalization

## Rehabilitation

3. After 4-6 weeks, the connector is attached and rehabilitation starts



# Rehabilitation program including break

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## Below knee (transtibial): 4-6 weken

Week 1 and 2 walking in the bridge

Weeks 3 and 4 walking with 1 or 2 crutches

Week 4: walking without crutches and adjusting prosthesis

## Above knee (transfemoral): 4-12 weken

Week 1 and 2 practicing standing and walking in the bridge

Week 3 walking in the bridge

Week 4: walking with 2 crutches

Break

Weeks 5-12 or 10-20:

Walking without crutches and adjusting prosthesis

# Contact

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AOFE Clinics office  
Postbox 275  
6860 AG OOSTERBEEK  
+31 (0) 26 2024041  
[mail@aofeclinics.nl](mailto:mail@aofeclinics.nl)  
[www.aofeclinics.nl](http://www.aofeclinics.nl)

Visits and postal address:  
Annatommie MC  
Janssoniuslaan 71  
3528 AH UTRECHT

