Managing Phantom Limb Pain In Upper Limb Amputees
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Problem

There are solutions available for amputees that suffer from phantom limb pain, but many don’t know about them and most treatments are not easily accessible for at home usage.

Current Solutions

Mirror Therapy

- Mirror is faced toward the side of the intact limb
- The stump, and intact limb are put into their respective hand holes
- The intact limb is reflected onto the stump and tricks the brain into believing the limb is still intact
- Pain is reduced

Amputee practices exercises using the mirror box

Virtual Reality

- Attach electrodes onto stump of amputated arm
- Pick video game
- Virtual reality glasses are put on and game is played
- Pain is reduced

Amputee plays game using virtual reality headset

Our Solution

A therapy box containing two different types of treatments for phantom limb pain; mirror therapy and virtual reality. A pamphlet containing detailed usage of the therapy options and a survey will also be included.

Implementation and Assessment

- Sent on a rotation around the United States to each veteran's hospital
- Distributed to amputees at each venue for a trial period
- Informative pamphlet included in each therapy box
- Survey included

References