



LONDON
PROSTHETICS
CENTRE
by eqval.

Prosthetic Rehabilitation at **the London Prosthetics Centre**

In-Clinic

Residential

Home & Community



Supporting your recovery.
Building confidence.
Caring for all.

Starting prosthetic rehabilitation can feel uncertain, especially if this is your first experience of it. At London Prosthetics Centre, we understand that every client's situation is different. Our role is to support you through recovery at your own pace, helping you feel confident, comfortable, and supported as you learn to use your prosthesis.

Whether your goals are small, practical, or life-changing, our rehabilitation programmes are shaped around what matters to you.



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What is Prosthetic Rehabilitation?



Prosthetic rehabilitation helps you learn how to use your prosthesis safely and comfortably in everyday life. It focuses on physical recovery, confidence, movement, and independence.

Rehabilitation looks different for everyone. There is no expected level of ability before you begin.

Rehabilitation can help you:

- Understand how your prosthesis works
- Improve comfort and socket fit
- Build strength, balance, and stamina
- Regain independence at home and in the community
- Work towards personal goals that are meaningful to you



Who Can Benefit From Prosthetic Rehabilitation?

Prosthetic rehabilitation may be suitable for clients who:

- Are new amputees or early in recovery
- Are receiving their first prosthesis
- Have changes in comfort, fit, or limb shape
- Want to return to work, hobbies, or sport
- Feel unsure or less confident using their prosthesis
- Want to improve balance, strength, or endurance
- Have experienced changes in health or lifestyle

You do not need to be physically strong or confident to start. Rehabilitation begins where you are now.

Your Rehabilitation Journey at London Prosthetics Centre

Assessment Clinic

All rehabilitation at LPC begins with a face-to-face assessment. This appointment allows us to understand you fully before making any recommendations.

During the assessment, our multidisciplinary team will:

- Talk with you about your lifestyle and goals
- Assess your prosthesis, movement, and physical needs
- Identify any challenges affecting comfort or confidence
- Recommend the most suitable rehabilitation pathway

After the appointment, you will receive a clear report outlining:

- Recommended rehabilitation services
- Expected outcomes
- Time frames and costs

This ensures you understand your options and feel involved in decisions from the beginning.

Your rehabilitation treatment may include one or more of the following.



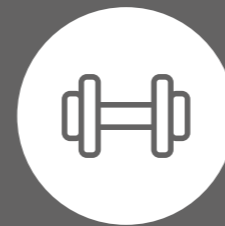
Occupational Therapy

Our occupational therapist can help with new techniques and strategies for personal care and hygiene, returning to work and hobbies, using public transport and community facilities, appropriate home modifications, vehicles and adapted driving options, and more.



Physiotherapy

Physiotherapy is a vital part of the rehabilitation process for amputees, as it helps restore movement and function whilst improving flexibility and strength as your body recovers.



Personal Training

Our team of personal trainers develop individual exercise prescription plans for optimum strength and flexibility. By implementing a daily fitness routine, this will improve coordination, balance, stamina and agility, all crucial when using a prosthetic device.



Musculoskeletal Therapy

The musculoskeletal system is made up of our muscles, bones, tendons, ligaments, joints and tissue. Limb loss often creates a strain on the remaining system, therefore increasing the chance of developing early arthritis and back pain.



Well-being Support

Mental well-being support is a key component of our holistic rehabilitation program, helping you manage the emotional challenges of limb loss. Delivered by trusted professionals, sessions are private, confidential, and held in a comfortable environment.

Rehabilitation Options Available

We offer several rehabilitation pathways so your care can reflect your needs, preferences, and stage of recovery.



In-Clinic Rehabilitation

Our in-clinic rehabilitation programme is fully personalised and delivered in our purpose-built rehabilitation studio. All services are located in one place to make appointments easier and less tiring.

You may take part in:

- Strength and conditioning sessions
- Balance and walking practice
- Functional training for daily activities
- Close collaboration between prosthetists and rehabilitation professionals

The studio includes cardio equipment, free weights, and balance equipment. As your confidence and ability grow, your programme can adapt with you.

Our prosthetic workshop is on-site. This means adjustments to socket fit or alignment can be made quickly, without interrupting your rehabilitation sessions.

Residential Rehabilitation

Residential rehabilitation is suitable for clients who need more intensive support, particularly following surgery or in the early stages after amputation.

We work with trusted residential rehabilitation partners who provide:

- A comfortable, home-like environment
- Structured daily rehabilitation
- Physical, functional, and psychological support
- Close communication between therapists and clinicians

These facilities are designed to reflect everyday living. This helps you practise real-life tasks in a safe and supportive setting. Friends and family are welcome to visit and be part of your support network.

When you are ready to return home, the skills you have learned are easier to carry into daily life.

Community & Home-Based Rehabilitation

Some clients benefit from rehabilitation delivered closer to home. This may take place in:

- Your own home
- A local clinic
- A community gym

This approach supports confidence and independence within your everyday environment and routines.

Our partnership network

London Prosthetics Centre works with a trusted network of rehabilitation providers. These partnerships allow us to offer coordinated care while maintaining the same clinical standards, communication, and values across all services.



Why Choose the London Prosthetics Centre?

As a client at LPC, you are supported throughout every stage of your rehabilitation journey. From your first assessment through to ongoing reviews, our team works closely with you to ensure your rehabilitation reflects your goals, lifestyle, and changing needs.

We offer:

- Individualised rehabilitation programmes
- Close coordination between prosthetics and rehabilitation
- On site workshop for timely adjustments
- Regular progress reviews and clear communication
- A welcoming and supportive clinic environment

Whether your goal is managing daily tasks, returning to work, or improving overall confidence, our team is here to support you.



Who we are

Since 2008, London Prosthetics Centre has focused on providing high-quality prosthetic care that puts clients first.

Our approach is based on:

- Personalised care
- Clear communication
- Collaboration between professionals
- Respect for each client's individual journey

We combine modern prosthetic technology with thoughtful rehabilitation to support long-term outcomes.

Your LPC Team



Belinda Smart
Business Manager



Kevin Priest
Head of High Definition Silicone Clinic



Abdo Hairdar
Prosthetist



Leigh Purcell
Patient Coordinator



Carl Cato
Prosthetist



Danny van der Merwe
Prosthetist

Referral Pathway

1

A need for prosthetic rehabilitation is identified

2

Suitability is discussed with LPC, you and your case manager if applicable

3

Instruction is provided to proceed with an LPC Assessment Clinic

4

LPC referral form is completed

5

Assessment Clinic is usually offered within two weeks

6

Assessment Clinic is completed and a report is provided with recommendations and costs

7

Funding is authorised by the fee payer

8

Rehabilitation programme begins

9

Regular clinical and financial update reports are provided

Clients are usually reviewed every three to four months to assess progress and identify any further rehabilitation needs.

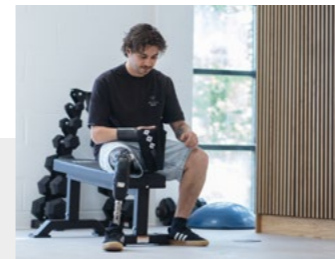
I've always been interested in skateboarding, as well as other extreme sports, ever since I was a young child. I made the enquiry with Danny and the team at the London Prosthetics Centre and they were more than happy to get me skating again! The Easy Ride knee lets me skate and move how I would like to move on and off the board, as well as taking away any safety concerns that I may have.

George Gooding
LPC Client





How To Prepare For Your First Appointment



Wear comfortable clothing and suitable footwear such as running shorts, athleisure wear and trainers.



Bring your prosthesis if you have one so you can practice as you would use it day to day.



Write down any questions or concerns you would like to discuss and we can talk through them together.



Bring relevant medical information if available so we can practice your rehabilitation safely.



Allow enough time so you do not feel rushed this will help you to get the most out of your appointment.



There is no expectation to know what to ask. Our team will guide the conversation and support you throughout the appointment.

A place to feel supported

Rehabilitation is about progress, not perfection. At the London Prosthetics Centre, we aim to provide a calm, supportive environment where you feel listened to and cared for at every stage of your journey.



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