

Center for Arm Amputees
Visiting address: Sfären plan 1,
Bockholmsvägen 1, Bergshamra



Red Cross Hospital
Box 7023
SE-170 07 Solna
08 – 791 1400 vx
www.rks.se

A photograph of a white marble statue of a woman, likely a classical figure, with her right arm amputated. She is holding a small object in her left hand. The background is dark, and the lighting highlights the contours of her body.

Center for Arm Amputees

at the Red Cross Hospital, Stockholm

For whom?

We can help anyone with congenital upper limb reduction deficiency or amputation of the upper extremities (arms, hands, fingers).

Staff

The director is Dr. Peter Köhler, specialist in orthopedics. The team also includes occupational therapists, a psychologist, and a physical therapist. We cooperate closely with orthopedic engineers from two orthopedic workshops.

Experience

The arm prosthesis team has a wide range of interdisciplinary knowledge, collected over a span of thirty years. The close collaboration between the various professionals on our team allows us to support and guide patients in rehabilitation. We work both with individual rehabilitation and with helping patients in their contacts with authorities and other care agencies.

Treatment

We focus on the patient's functional and cosmetic needs. We examine mobility, strength, swelling, and pain in the remaining parts of the arm or hand and evaluate the patient's resources, needs, and capacities for managing personal care, housing, work, studies, and leisure time activities.

Objective

Our treatment objective is to ensure the patient of optimum independence, with or without an arm prosthesis. The treatment goals are set by the patient, together with the team. They can include returning to work, participating in schoolwork, or being able to have satisfying recreational activities.

Treatment philosophy

Our treatment philosophy is that the patient's needs should always guide whatever we do.

Actions may include:

- Training for increased mobility and strength.
- Oedema treatment to reduce swelling
- Healing and strengthening of overly sensitive amputation stumps
- Treatment of phantom pain
- Adaptation of working methods
- Prosthesis
- Assistive devices
- Adaptation of environment or equipment

Multiple extremity disabilities

EX-Center is a special unit of the Red Cross Hospital for those who have bilateral arm amputations and multiple extremity disabilities. It is run in cooperation with *Föreningen för de Neurosedynskadade* (The Swedish Thalidomide Association).

www.ex-center.org

Contact us

Occupational therapists Christina Ragnö, Anita Stockselius, Maria Nilseryd.

Tel: +46 8 791 15 33

Fax: +46 8 10 63 32

E-mail: rks.armprotesenheten@redcross.se