

Fortune on His Side

Quentin Fortune is a welterweight boxer with a history of success. A New York Police Department administrative employee, he fights with the NYPD Fighting Finest. His record is 16 wins and 2 losses. In the gym Monday through Friday and the occasional Saturday, he skips rope, works out with weight bags, spars, and eats a healthy diet.



If you're looking for him, he is the boxer wearing extra-long shorts, custom made to cover the prosthesis he wears in place of his lower-right leg.

Though the mid-nineties showed Fortune great successes - getting advanced to the National Golden Gloves championship for example, turning pro and building a record of 5 wins, 1 loss – his life would soon be changed forever.

In April 1999, Fortune was involved in a motorcycle accident that claimed his right leg below the knee. He had borrowed a friend's high-performance sport bike and, "Did what 'normal riders' do" he says, explaining that he was testing the bike's speed and performance. "My accident was a result of somebody doing a wheelie behind me," Fortune remembers. "When he came down, he came down on the side of my bike and propelled me into cars and walls and things..."

The summer following the accident, Fortune was put through rigorous physical therapy treatment. Most of

it though, he would admit, was of his own volition. Allowing his physical training and competitiveness to kick in, he would push himself to go further than the average person. Even his occupational therapist had to work hard to keep up with his drive.

Fortune would not be out of the game long. By December, he was back in the gym. While this time he was training others, his goal was to get back in the ring himself; and although learning to maneuver in the ring while wearing a prosthesis was the toughest battle Fortune had yet to face, he did just that in 2004. Icing on the cake: he won his comeback match.

Today, Fortune leads with his right leg – a prosthesis he calls "Caddy," short for Cadillac because of its "smooth ride," he says. "Caddy" consists of a low-profile, vertical-shock foot and the Harmony P3 elevated vacuum socket system with built-in shock absorption and transverse torsion absorption, manufactured by Otto Bock HealthCare. It took Fortune and his prosthetist some time to get the exact device, fit, and function necessary to accommodate his high level of activity, but his prosthesis now moves with his body like it has always been there.

At Orthotic & Prosthetic Design, you too can be fitted for the Harmony vacuum socket system. It is our priority to give our patients this level of comfort. We pride ourselves in providing patients with the most comfort and mobility in fact, with greater accuracy of fit, superior durability, and the best customer service available.

If you are a current patient at O & P Design or wish to speak to our Clinical Director of Prosthetics, please give our office a call at (314)535-5359.

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Keeping in Touch

The term “Social Networking” has many different connotations to different people. Some of us love it, some of us hate it, and some of us have no idea what it means. Regardless of our impressions though, it is seemingly impossible to deny that we need it. The tidal wave of the internet age is here.

Orthotic & Prosthetic Design, keeping in step with the greater O & P community, has jumped on board.

While traditional forms of patient communication are still used, O & P Design is working diligently to modernize our communication and make it easier for patients to find and access information when they want and need it.

The company website, located at www.oandpdesign.com, is a great tool for patients to use when seeking knowledge on a variety of issues. Go here and you will find detailed information on our staff, our products, what to expect, and several useful community resources. In addition, the site provides many of the forms used in-office to insure you have access to them at all times, as well as directions to each of our three facilities.

The O & P Design website also has two new features: links to the O & P Design Facebook Page and Blog. You can find these buttons at the bottom of the home page.



Once taken to the O & P Design Facebook Page (which you can access whether you have a Facebook account or not) you’ll realize the difference in platforms. In contrast to a regular website, Facebook allows for constant updates, picture uploads, event creation and updating, etc. If you are a member of Facebook, become a member of the Orthotic & Prosthetic Design group and keep updated on all of our news.

The Orthotic & Prosthetic Design Blog, located at oandpdesign.wordpress.com, offers even more up-to-date information on the company and what we are up to. For patients and therapists alike, it has news and updates on our newsletter, current events, and happenings in the O & P community.

Logically, there are things that can only be communicated to patients in-person. Orthotic & Prosthetic Design remains committed to our patient focused care. Now though, patients have round-the-clock access to our knowledge and resources.

Keep in touch. Visit www.oandpdesign.com today to take advantage of our new amenities.

THE ELLEN MEADOWS PROSTHETIC HAND FOUNDATION

Learn how to support the LN-4 Project -
“Helping Hands for Haiti.”

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Donate \$50 for one LN-4 hand – change the life of
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Come on Back!

Follow-up appointments in many fields are often looked at by patients as optional. You get home, everything seems fine, no need to go back... right? Wrong. In the Orthotic and Prosthetic community, follow-up appointments are one of the most crucial steps to ensuring success with your orthosis/prosthesis.



At Orthotic & Prosthetic Design, we are here to give you the care you need and the care you deserve. Every employee takes the time, energy, and patience to make

sure you leave with a device that is custom tailored to fit your body, needs, and lifestyle. Let this not blind you though, to the ever changing facets of life.

There are constantly changes in life, even the smallest of which can affect the fit and function of a device (be it orthotic or prosthetic). Many don't realize that things such as weight gain and weight loss, a change in activity or added activity to one's daily routine, and sensitivity and condition of skin can all impact how affective a device is.

Further, general wear and tear is a realistic aspect of owning an orthotic/prosthetic device, which can often change the device's impact and effectiveness.

Even if you think your device is functioning at its full capacity, it is a smart idea to see your practitioner for an annual follow-up anyway. There may be necessary updates to your device that will improve your quality of life.

To make sure your device is consistently fulfilling your needs, don't settle for discomfort or pain. Call our office at (314)535-5359 to make a FREE follow-up appointment at any time.

Debunked: Back Myths

Back pain affects 8 out of 10 people at some point in their lives, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Unfortunately, there are many myths surrounding the issue. Here are some of those myths, debunked by Dr. Jennifer Ashton, a News Medical Correspondent for CBS.



1. Myth: Only overweight people get back pain. While being overweight can put you at high-risk, it is not the only risk factor. Other risk factors for back pain are smoking, old age, stress and depression.
2. Myth: Back surgery is the best medical option. Most patients with back pain can improve their condition and overcome pain relief without complex surgery. Simply adding physical therapy and anti-inflammatory medication to your regimen could make all the difference.
3. Myth: Stay in bed until pain goes away. You can rest for one to two days for an acute injury or strain, but anymore can cause the muscles to weaken and slow your recovery. If you are going to rest in bed, be sure to get up and walk for a few minutes every hour.
4. Myth: Exercise is bad for your back. If you work your abdominal muscles, this could help condition the back muscles and stabilize the spine. When exercising or working with heavy objects though, lift with your knees, pull in your stomach muscles, and keep your head down and in line with your straight back.



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And
A Blessed New Year in 2011!*

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