



# Umhlahlandlela WamaProsthetics

KWABASANDA KUBA  
IZINHLANGOTHI



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## Umhlahlandlela WamaProsthetics

### KWABASANDA KUBAIZINHLANGOTHI

Uma usanda kuba isilima noma uyilungu lomndeni noma umngane womuntu osanda kuba isilima, kungenzeka ube nemibuzo eminingi. Kwenzakalani ngokulandelayo? Yini engingayilindela? Ngingakwazi yini ukuqhubeka nemisebenzi ebengiyijabulela?

Eminye yale mibuzo izophendulwa kangcono uMsebenzi WamaProsthetics – uMsebenzi WamaProsthetics ungumuntu okala, aklame, enze, futhi afake i -prosthesis (inzwa yokufakelwa); kanye nethimba lakho lezempilo elizobe lakha uhlelo lwakho lokwelashwa.

*Ungabuka futhi ulwazi olulandelayo ukuze uthole umbono jikelele wokuthi yini i-prosthesis.*

## Kwenzakalani Ngemva Kokuhlukana Kwesandla/Ilimbokazi?

Isinyathelo sokuqala ngemva kokuhlukana kwesandla noma ilimbokazi yakho wukuthi umonakalo, lapho ilimbokazi yakho ikwazile ukususa khona, uphole. Lokhu kuvamise ukuthatha izinsuku ezi- 4 kuya kwezi-6, kodwa kuncike ezintweni ezahlukene —buka isigaba —"Kubhekwa isikhathi esingakanani ngaphambi kokuthi ngithole i - prosthesis?"

Izisebenzi zokusiza nokwelashwa zizoqinisekisa ukuthi umonakalo uphola kahle. Ngemva kokuhlukana, uzothola futhi ukwelashwa kwezemidlalo ukuze kuqinisekise ukuthi ilimbokazi yakho inganyakaza kuzo zonke izindlela futhi ukuthi imisipha yakho ayihlakazeki.

Uma udokotela wakho ekholelwa ukuthi ilimbokazi esele (ingxenye yesandla noma ilimbokazi olushaywe phansi) iphathwa kahle futhi iphole, bazokuthumele kuMsebenzi WamaProsthetics ukuze uqale ukuphathwa kwe - prosthesis.

Ndawonye nawe, uMsebenzi WamaProsthetics, odokotela, abelaphi bezemidlalo, nabathuthukisi bemisebenzi, sifuna ukukunikeza izinga eliphezulu lokuzimela, ukuhamba, futhi sikusize ugcine noma ubuyise izinga lempilo yakho.

## Yini i -Prosthesis?

Kwimizamo yezokwelapha, i- prosthesis iyithuluzi elenziwe ngabantu elishintsha ingxenye yomzimba ephuzi, ethathwa ngenxa yokulimala, izifo, noma izimo zokuzalwa.

Kunezinhlalo ezahlukene zama-prostheses ezikhona, futhi lokhu kuncike kumphumela wokuhlukana nokusebenza okudingeka ukuthi i- prosthesis ikwenze.

Ama-prostheses abizwa ngegama lengxenye yomzimba abayishintshayo. Ama-prostheses abhalwe phansi njengama -prostheses wezandla zakho.**Upper Extremity Prostheses & ama-prostheses zezinyawo zakho - Lower Extremity Prostheses.**

# Izibonelo ze-Prostheses:

## Ama-Prostheses Ezinyawo:

- Ama-Prostheses Ezinyawo
- Ama-Prostheses Aphansi Kwecolone (Ama -Prostheses e -Trans-Tibial)
- Ama-Prostheses Apezulu Kwecolone (Ama -Prostheses e -Trans-Femoral)

## Ama -Prostheses Ezandla:

- Ama-Prostheses Aphansi Kwesikhumba
- Ama-Prostheses Apezulu Kwesikhumba
- Ama-Prostheses e-Shoulder Disarticulation

## I-Prosthesis Isebenza Kanjani?

I-Prosthesis ifakwa emzimbeni womuntu ukuze yenze imisebenzi ephuthumayo ngenxa yokuhlukana. Indlela i -prosthesis esebenza ngayo incike kakhulu kumphumela wokuhlukana nokuthi iyiphi imisebenzi okudingeka ukuthi i -prosthesis yenze. Ukukhethwa kwezingxenywe ze -prosthetic kudlala indima ebalulekile ekutheni i -prosthesis yakho izosebenza kanjani.

**Kuma -Prostheses Ezinyawo:** Izinto ezakhiwe kuma -prostheses ngokuvamile zihlukaniswa ngokuya ngamandla akho kanye nezinga lakho lokusebenza. Isikali se-M.O.B.I.S sivamise ukusetshenziswa ukulinganisa izithako ze -prosthetic nezidingo zomgibeli. Chofoza esixhumanini sezi - Activity Level kuwebhusayithi yethu.

**Kuma -Prostheses Ezandla:** Izithako ze -prosthetic zikhethwa ngokuya ngezidingo zomsebenzi kanye nezindawo ezihilelekile. Kwizithako ze -myo -electric ("Izandla ze -Robot") izici ezengeziwe zidingeka.

**Xoxa ngokucophelela okulindeleko kwakho nge-prosthesis yakho nomphakathi wakho we-prosthetics.**

# Yini Ewakha i-Prosthesis?

I-Prosthesis yakhiwa yilezi zingxenye ezilandelayo:

## 1. I-Silicon Liner

I-silicon liner iyisivalo esifana nensokazi esemboza ingxenye esele yelimbokazi (residual limb) futhi isebenza njengomkhawulo phakathi kwethishu ethambile ehambayo yelimbokazi esele nokuqina kwengaphandle lesokhethi ye-prosthetic.

Umsebenzi we- liner uwukuvikela nokuthambisa izindawo ezibuthaka nezizwela ukucindezela yelimbokazi esele futhi uxhume ingxenye esele ku-prosthesis. Ama-liner ayathambeka, afanele isikhumba, kodwa aqinile ngokwanele ukuvimbela amandla angafuneki nokucindezela esikhumbeni nasethishwini elithambile. Ama-liner wezandla anikeza induduzo nokuphepha kumgqoki.

## 2. I-Prosthetic Socket

Le yingxenye eqinile evamise ukwenziwa nge-carbon fiber noma i-fiberglass ethwala isisindo somzimba futhi edlulisa ingcindezi ngendlela efanele engxenyeni esele ukuze ingabangeli ubuhlungu noma ukungakhululeki. I-socket ye-prosthetic inomsebenzi wokuba indawo yokunamathisela kwezinye izingxenye ezisebenzayo ze- prosthesis — njengedolo, unyawo noma isandla.

I-socket iyindawo yokuxhumana phakathi kwakho, isiguli, nezingxenye ze - prosthesis ezisebenzayo. I- socket ehlelekile ngokufanele ibalulekile ekuphumeleleni kwenqubo.

Ekugcineni, i-socket ye-prosthetic isiza ekutheni i-prosthesis ihlale inamathele emzimbeni wakho. Kunezindlela ezahlukene ezitholakalayo, ezincike ekwakhiweni kwe-socket.

### 3. Izingxenye Ezisebenzayo Ze-Prosthesis

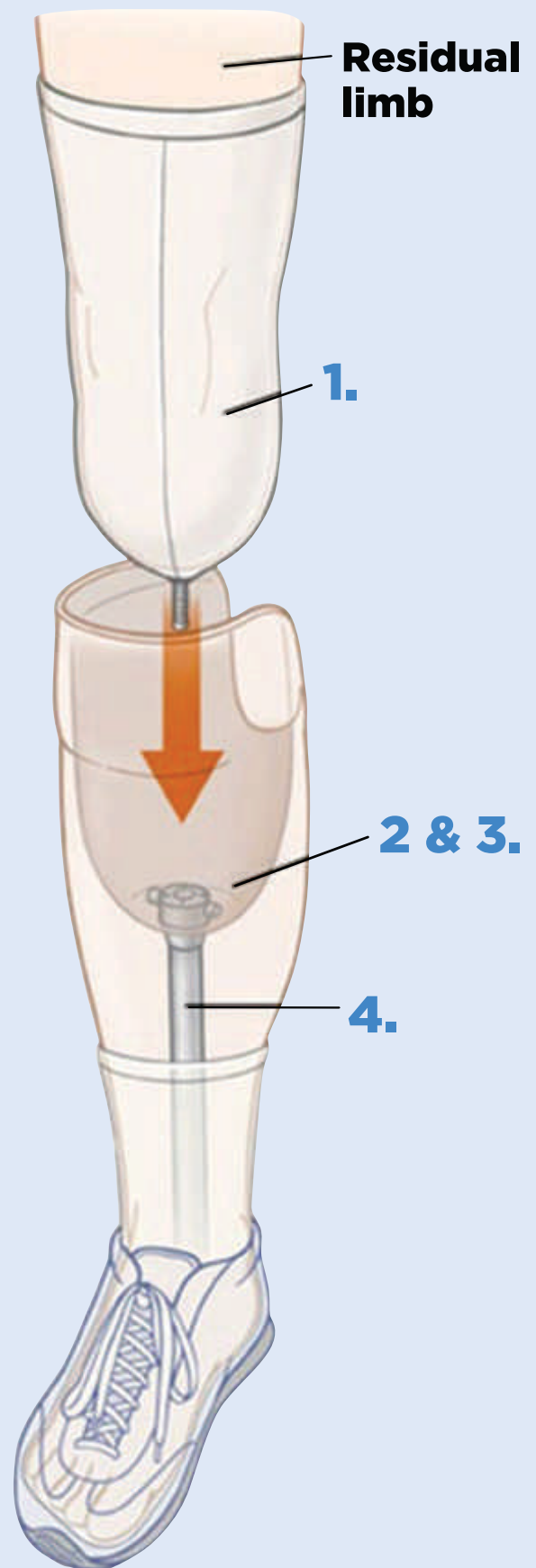
Izingxenye ezisebenzayo ziyizingxenye eziklanyelwe ngokukhethekile ukufaka esikhundleni umsebenzi othile womzimba — umsebenzi olahlekile ngenxa yokuhlukana kwelimbokazi.

Ukukhetha kahle izingxenye ezisebenzayo kubalulekile kakhulu, ngoba lokhu kunquma ukuthi i - prosthesis izokwazi ukwenza ini. Izingxenye zifaka phakathi izandla ze-prosthesis, izindololwane, izinqulu, amadolo nezinyawo.

### 4. Izembozo Ze -Prosthesis Ezibukeka Njengokwemvelo

Isembozo sobuhle siyisembozo esenziwe ngokukhethekile ukufakwa phezu kwezingxenye zonke ezisebenzayo ze -prosthesis ukuze i -prosthesis ibukeke njengeyempilo futhi ifane nelimbokazi esele.

Umbala wesikhumba nesimo selimbokazi esele kuvame ukukopishwa ukuze kuqinisekiswa ukufana nokwemvelo.



## Ingabe Kuyahlupha Ukusebenzisa I-Prosthesis?

Cha. I-prosthesis efakwe kahle kufanele ibe nenduduzo kakhulu, futhi akufanele ubuhlungu lapho uyisebenzisa.

## Ngithola Kanjani I-Prosthesis?

*Ukuze uthole i-prosthesis, kudingeka uxhumane noMsebenzi WamaProsthetics – lo unguchwepheshe onolwazi lokukala, ukuklama, ukwenza, nokufaka ama-prosthesis.*

### Ngamafuphi, kunezinyathelo ezi-6 ohambweni lokuthola i-Prosthesis:

1. Xhumana noMsebenzi WamaProsthetics ukuze athole izidingo zakho ze-prosthesis.
2. Thola uxhaso oluvela kumshwalense wezokwelapha (uma ukhululekile kumshwalense wezokwelapha), i-WCA, i-RAF (i-Road Accident Fund) noma ufake isicelo soxhaso nge-ORTHOWORX. [www.orthoworx.co.za](http://www.orthoworx.co.za)
3. Qala inqubo yokukala ukuze kwakhiwe i-prosthesis.
4. Faka bese uzama i-prosthesis yesilingo ukuze kuqinisekiswa ukufanisa kahle, ukulingana nokunethezeka.
5. Faka i-prosthesis yokugcina.
6. Funda ukusebenzisa i-prosthesis yakho.

## Kuthatha Isikhathi Esingakanani Ngaphambi Kokuthola I-Prosthesis?

Isikhathi esiphakathi kokuhlukaniswa kwesandla noma ilimbokazi nokufakwa kwe-prosthesis sincike ezintweni ezahlukahlukene:

### Lezi zinto zifaka

- Isizathu sokuhlukaniswa
- Ukupholisa komonakalo

- Izinga lokuhlukaniswa (lapho uhlukaniswe khona)
- Ubukhulu bokuvuvukala engxenyeni yesiphetho selimbokazi esele nokuthi uvuvukalo lwehla kanjani ngokushesha
- Izinga lokuzimisela komuntu osanda kuba isilima

Eziningi izimo, i-prosthesis ifakwa cishe phakathi kwesonto lesi-6 kuya kwesisi-9 emva kokuhlukaniswa. Njengoba kushiwo esigabeni esingaphezulu — Ngithola Kanjani I-Prosthesis? — ukufakwa kokuqala kuvamise ukuba yi-prosthesis yesilingo (isikhathi sokufa 6-9 amasonto sisho ukufakwa kwesilingo).

Inqubo yokuthola i-prosthesis yokugcina iyahlukahluka ngezici ezahlukene futhi ingathatha phakathi kwamaviki angu-2 kuya kwayi-12 emva kokufakwa kwesilingo.

**Kumele uqaphele ukuthi ukufakwa kwe prosthesis akusho ukuthi yonke imisebenzi ibuyisiwe ngokushesha lapho ufaka ilimbokazi elenziwe kuzodingeka ufunde ukuthi ungayisebenzisa kanjani ilimbokazi lakho elisha. I -prosthesis ingxenye yohlelo lokubuyiselwa esimweni esithatha izinyanga eziningana.**





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*Sikhona ukuzokwelekelela ukuthola  
i-prosthesis efanele.*



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