

PHANTOM LIMB SYNDROME

Amputee generally describe the limb in term of definite volume and length. It is easy to forget the absent limb and may try to reach out with or stand on the phantom limb.

PSYCHOLOGICAL DISORDERS

Emotional disturbance such as anxiety, depression and sleeplessness can bring on attacks.

DEPRESSION and ANXIETY may act as contributor to Phantom Limb Pain intensity.

DEPRESSION and ANXIETY leading to reduced pain thresholds

Special alteration in body representation also have consequences to cognitive process.

Majority of amputees recalled their body appearance in dreams as intact. (Fuchs. X, Flor. H & Bodman. R.B, 2018)

Stress and Tension in PLP affected pain threshold, cognitive and behavioral responses.

“Cognitive impairment has been identified as a risk factor for falls” (Allali. G et al, 2017)

TREATMENT FOR PHANTOM LIMB PAIN



1. DRUG/MEDICINE

- Interrupting the pain signals in your brain or spinal cord
- Increase peripheral blood flow to the limb to alleviate chronic pain.

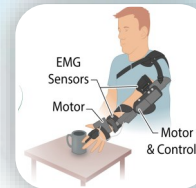


2. TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS)

- Non invasive method of electrical stimulation
- Generate to the skin to activate the effected nerves.

3. BIOFEEDBACK

- Electromyogram (EMG): An EMG uses electrodes or other types of sensors to measure muscle tension

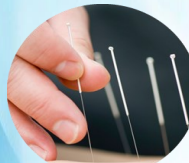


4. MASSAGE

- It stimulates the nerves on the residual limb so the brain (somatosensory cortex) pays attention to the sensation and closes the pain gate to PLP. (Leo. D & Evan. C, 2013)

5. MIRROR THERAPY

- 15 minute per day for 4 weeks



6. ACUPUNCTURE

- Stimulating the nervous system to release the body's natural pain-relieving endorphins. (Leo. D & Evan.

7. PHYSICAL THERAPY

- Tackle problem associated with Phantom Limb Pain



8. NEUROMUSCULAR TAPPING (NMT)

9. DEEP BRAIN STIMULATION

10. SIMPATHECTOMY

Maklumat lanjut, sila hubungi:

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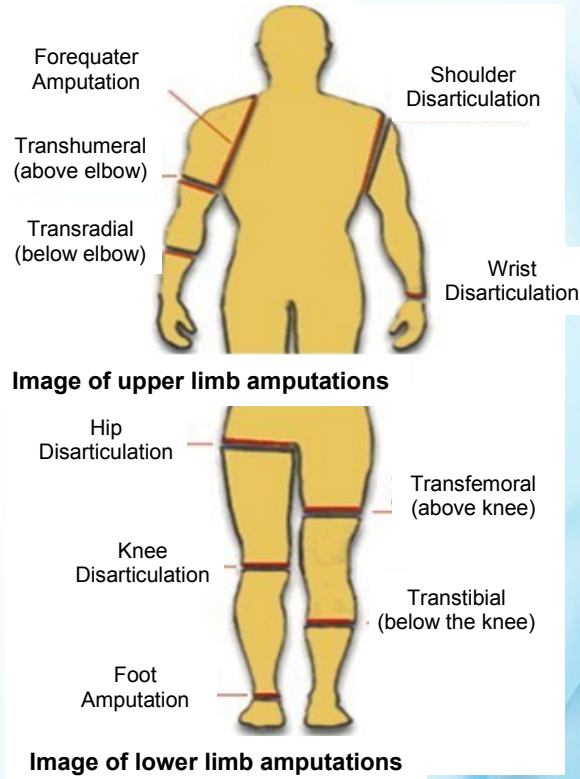


Phantom Limb Pain

Reduce risk of fall
Raise awareness
about
Phantom Limb Pain!

WHAT IS PHANTOM LIMB PAIN (PLP)

Phantom Limb Pain (PLP) is pain in a missing body part after it has been amputated.

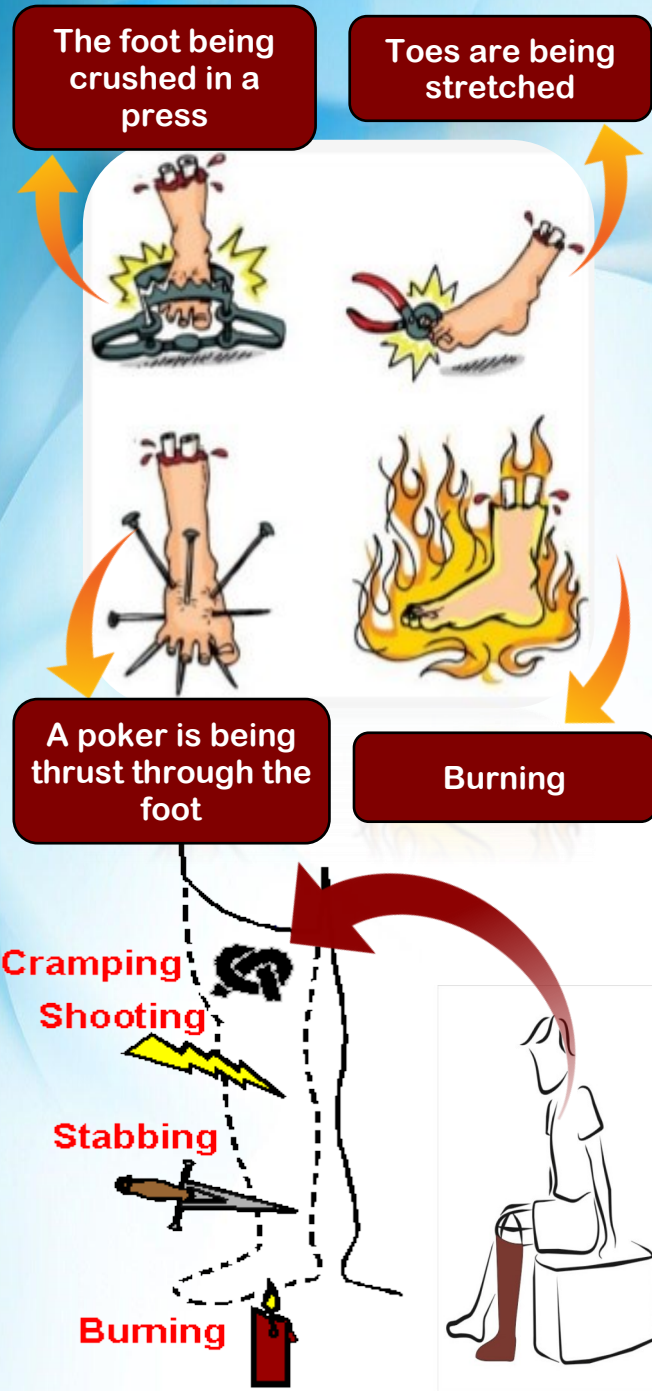


Phantom Limb Pain (PLP) is individual and can differ in type and range in intensity. PLP usually begins early after an amputation.

MILD PAIN might be experienced as a sharp, intermittent stabbing that cause the limb to jerk in reaction.

More **SEVERE PAIN** type is the feeling that the missing limb is being crushed. The pain often diminishes in frequency and intensity with time.

COMMON DESCRIPTIONS OF PHANTOM LIMB PAIN



WHY PHANTOM LIMB HAPPEN

