



LEIMKUEHLER

ORTHOTIC-PROSTHETIC CENTER INC.

Specialists Since 1948

Meet John Fabian

John Fabian, CPO, is an ABC Board Certified prosthetist orthotist with over 37 years of experience at Leimkuehler Orthotic-Prosthetic Center. His passion for orthotics and prosthetics was inspired by personal experience after suffering multiple spinal compression fractures at a young age.

This early challenge fueled his dedication to helping others regain mobility and independence, shaping his lifelong career in prosthetics and orthotics. John has developed a remarkable specialization in pediatric care, becoming a trusted expert for children requiring prosthetic solutions. He regularly attends pediatric orthopedic and neurological clinics, where he collaborates with world-renowned physicians to ensure that each young patient receives the best possible care.

His custom prosthetic designs prioritize comfort, functionality, and the unique needs of growing children, making him a vital resource for families navigating the challenges of pediatric limb loss.

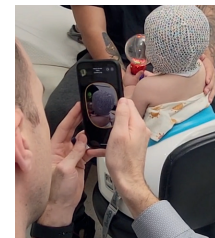


Beyond his technical expertise, John's approach to patient care stands out for its compassion and attentiveness. He works closely with children and their families, creating a supportive and encouraging environment that helps young amputees build confidence and independence. By addressing both the physical and emotional aspects of their journey, John empowers his patients to thrive in all aspects of life.

In addition to his professional accomplishments, John holds a master's degree in taekwondo and enjoys teaching at the martial arts college where he trains. Married for over 30 years to his wife, Gayle, a physical therapist, John is a proud father of two and grandfather of three. His dedication to family and community underscores his commitment to improving the lives of those he serves, making him an invaluable part of the Leimkuehler team.



Cranial Helmets



At Leimkuehler Orthotic-Prosthetic Center, we use the SmartSoc and StarScanner to create precise, custom cranial remolding helmets for infants with plagiocephaly and other head shape concerns. This advanced technology captures a 3D image of the child's head in seconds, ensuring an accurate fit and a stress-free experience for both parents and babies. As the child's head shape changes during treatment, we make continuous adjustments to the helmet to ensure it provides proper support, comfort, and optimal correction.



AMHERST

205 N. LEAVITT RD.
440-988-5770

NORTH OLMSTED

28350 LORAIN RD
440-979-9226

SANDUSKY

1807 W. PERKINS AVE.
419-625-5373

TOLEDO

723 PHILLIPS AVE.
419-476-4248



April is Limb Loss and Limb Difference Awareness Month

This month is dedicated to highlighting the resilience of over 2.1 million amputees in the U.S. and the 500 individuals who undergo amputations each day. This month is dedicated to raising awareness about the challenges of limb loss while advocating for better support, improved prosthetic access, and advancements in mobility technology. At Leimkuehler Orthotic-Prosthetic Center, we're committed to empowering amputees through education, innovation, and community support. Throughout April, we'll share inspiring patient stories, resources, and insights to help amputees navigate their journey. Join us by wearing orange, sharing your story, and spreading awareness to foster understanding and improve accessibility for all. Stay tuned for special events and patient spotlights!



Introducing Our New Amputee Timeline and Video Series

We are excited to introduce our new Amputee Timeline on our website, designed to provide a clear and supportive roadmap for individuals navigating life as an amputee. Whether you're just beginning your journey or looking to adapt and thrive with your prosthesis, the timeline covers every stage—from the initial surgery and recovery process to advanced prosthetic fittings and long-term mobility goals. With step-by-step guidance, resources, and tips from experienced prosthetists and amputees, the timeline helps you understand what to expect and how to prepare at each stage, empowering you to take control of your rehabilitation and overall well-being.

In addition to the timeline, our website now features a variety of training and educational videos tailored to help amputees at all levels. These short, easy-to-follow videos provide practical tips on everything from prosthetic care and sock management to advanced mobility techniques like walking on uneven surfaces or getting up from a fall.

Scan for timeline videos



 <p>Pre-op</p> <ul style="list-style-type: none"> Apply a limb protector to safeguard from injury. Schedule follow-up visits with your medical team. Start pre-prosthetic exercises to improve strength. 	<ul style="list-style-type: none"> Begin mental preparation and learn about post-operative care and recovery processes Discuss surgical options and post-surgery expectations. Begin mental preparations for amputee life.
 <p>3-4 WEEKS Early Recovery</p> <ul style="list-style-type: none"> Ensure the surgical site is fully healed, with no signs of infection or complications. Schedule initial prosthetic evaluation with prosthetist to discuss next steps. Plan for first measurements and impressions for a temporary prosthesis. 	<p>0-2 WEEKS Immediate post-op</p>  <ul style="list-style-type: none"> Have staples or sutures removed by healthcare team. Begin wearing shrinker or wrap to reduce limb volume. Basic PT exercises to build strength and balance.
 <p>6-8 WEEKS Casting and Fitting</p> <ul style="list-style-type: none"> Take delivery of temporary prosthesis. Begin intensive prosthetic gait training with physical therapist to learn proper walking techniques. Adjust the prosthesis based on comfort and mobility needs. 	<p>4-6 WEEKS Healing and Evaluation</p>  <ul style="list-style-type: none"> Prosthetist takes detailed impressions and measurements of the residual limb for a custom temporary prosthesis. Perform first test fitting of temp socket to assess fit and comfort. Make adjustments to socket for optimal fit and alignment.
 <p>4-6 MONTHS Limb Maturation</p> <ul style="list-style-type: none"> Receive first definitive prosthesis, custom-made based on stabilized limb measurements. Continue therapy to achieve long term rehabilitation goals and adapt to the new prosthesis. 	<p>2-4 MONTHS Temporary Prosthesis</p>  <ul style="list-style-type: none"> Wait for residual limb volume stabilize, typically over several months. Continue ongoing physical therapy and gait training to refine mobility skills. Prosthetist will make necessary adjustments to the socket for optimal fit and alignment.
 <p>Lifelong Care and Maintenance</p> <ul style="list-style-type: none"> Schedule regular follow-up appointments for prosthesis maintenance and limb health monitoring. Attend amputee support group meetings for ongoing emotional support and community connection. Plan for prosthetic device replacements approximately every 3-5 years as needed. 	<p>6-12 MONTHS Definitive Prosthesis</p> 

Our content also includes expert advice from prosthetists and real-life experiences shared by fellow amputees, offering relatable and actionable insights.

These resources are designed to alleviate anxiety, answer common questions, and provide the tools necessary to confidently navigate life as an amputee. We believe these resources will not only educate but also inspire you to reach your full potential.

By combining expert knowledge with real-life experiences, our timeline and videos create a comprehensive guide to help amputees build confidence, independence, and a thriving future.

Step Into Comfort: Transform Your Mobility with Custom Foot Orthotics

At Leimkuehler Orthotic-Prosthetic Center, we understand how crucial your feet are to your overall mobility and quality of life. If you're dealing with foot pain, discomfort, or conditions like plantar fasciitis, flat feet, or high arches, custom foot orthotics could be the solution you've been searching for.

Custom foot orthotics are specialized devices designed to fit seamlessly into your shoes, providing support, improving alignment, and relieving pressure. These orthotics can help redistribute forces, stabilize your feet, and reduce strain, making them highly effective in managing chronic issues like knee, hip, or lower back pain caused by poor foot alignment. Our skilled practitioners utilize a comprehensive evaluation process to design orthotics tailored to your unique foot structure and health needs. Whether you're looking to reduce pain, enhance comfort, or prevent future injuries, custom orthotics are a powerful tool to support your daily activities and improve your mobility.

Take the first step toward greater comfort and better health. Schedule a consultation today at Leimkuehler Orthotic-Prosthetic Center and experience how custom foot orthotics can transform your mobility and help you step into a more active and pain-free lifestyle.



**"Protect your feet,
support your future."**

Brad Thompson

bthompson@leimop.com

440-988-5770



Tessa Puma



Scan for Tessa's
spotlight video

Patient Spotlight

Tessa Puma: An Inspirational Journey

Tessa Puma is a name synonymous with resilience and determination. At just six years old, Tessa faced the unimaginable when she lost her left leg due to a severe infection. What could have been a life-altering setback turned into a story of courage and perseverance. Today, at 14 years old, Tessa continues to inspire those around her with her indomitable spirit, reminding us all that challenges can be transformed into opportunities for growth and triumph.

A dancer at heart, Tessa refused to let her amputation define her future. Through the support of her family, the Leimkuehler Orthotic-Prosthetic Center, and her community, she adapted to her prosthetic leg with remarkable grace. Tessa's passion for dancing only grew stronger as she learned to move in ways she once thought impossible. Her journey has led her to perform at countless events, showcasing her talent and proving that the only limits in life are the ones we place on ourselves.

Tessa's story resonates deeply with those navigating their own paths of recovery and adaptation. Her infectious positivity and unwavering determination serve as a beacon of hope for others in the amputee community. Whether dancing across a stage or sharing her story with others, Tessa embodies the strength and resilience that define the human spirit. Her journey is a testament to the power of perseverance and the support of a caring community.

Dr. Frank Gottschalk's Revolutionary Transfemoral Amputation Technique: A Timeless Contribution to Stability and Mobility

Dr. Frank Gottschalk, a renowned orthopedic surgeon, revolutionized amputee care through his groundbreaking approach to transfemoral (above-knee) amputation. By prioritizing biomechanical stability and long-term functionality, his surgical technique remains a gold standard decades later. Unlike traditional methods, Dr. Gottschalk's approach focused on preserving and reshaping residual limb muscles to optimize force alignment, improving prosthetic users' stability and gait. His research and peer-reviewed articles reshaped surgical practices, significantly enhancing patient outcomes worldwide.

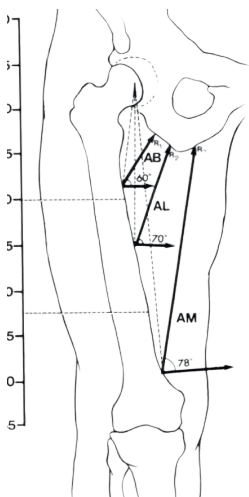
At the heart of his technique is the understanding that biomechanical principles—such as femur alignment, muscle strength, and balance—are unchanging factors in rehabilitation. By preserving critical muscle groups and ensuring their secure reattachment, his method maximized amputees' potential for stable and confident mobility. His 2004 article, *Transfemoral Amputation: The Importance of Myoplasty and Myodesis*, emphasized how muscle stabilization reduces complications like instability and pain. In contrast to older approaches that led to muscle atrophy and less effective prosthetic use, his method improved both immediate and long-term patient success.

Dr. Gottschalk's contributions continue to shape modern surgical training and prosthetic rehabilitation. His insights into muscle alignment and limb stability remain relevant despite advancements in prosthetic technology, proving the lasting impact of his work. Beyond surgery, his publications bridge the gap between surgical precision and prosthetic innovation, ensuring that his biomechanical principles empower amputees worldwide. As medicine evolves, his legacy serves as a reminder that while technology advances, the fundamentals of biomechanics remain timeless.

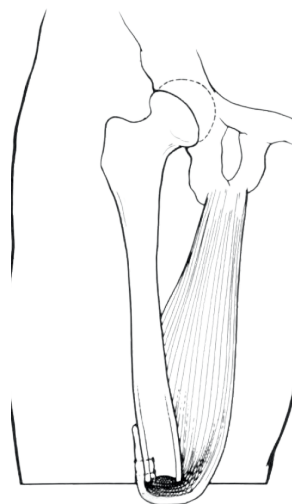
*Prosthetics and Orthotics International, 1994, 18, 12-17



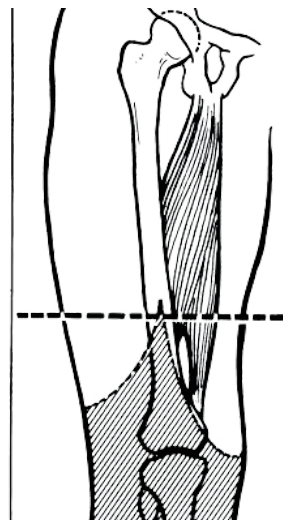
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Moment arms of the adductor muscles. Loss of the distal attachment of the adductor magnus will result in a loss of 70% of adductor strength.



Attachment of the adductor magnus to the lateral part of the femur.



Proposed skin flaps and level of bone section



Radiograph of trans-femoral amputation with muscle preserving adductor myodesis in prosthetic socket with residual femur in normal anatomical alignment.

At Leimkuehler O&P, our mission is to provide the best patient care possible while providing the highest quality orthotics and prosthetics to allow patients to achieve their goals, enjoy their life, and be part of our caring company family.