



# SAMPSONS

Prosthetic & Orthotic Laboratory

## Patient Spotlight

*Amputees Find Strength and Friendship in Fitness Class*

Up to two years ago, Bill Sampson's patients Sandy L. and Mary F. didn't know each other, although both suffered traumatic amputations in motorcycle accidents in 2014. They met about a year later when a local television crew interviewed them at Sampson's about the need for more than one prosthesis in a lifetime. They became Facebook friends and began to work out with a personal trainer at a local gym.



Mary was involved in the workout first and told Sandy about how it helped her. At first, Sandy was reluctant to make the hour-long drive from her home. But she was encouraged when she saw how the workout helped other amputees.

**"I'm not a gym person," Sandy said, but Bill (Sampson) is happy it's working out for me."**



Sandy and Mary have formed a wonderful friendship of empowering each other through similar life experiences and sharing their mutual success in the gym.

To read more about Mary's recovery, visit <http://www.sampsons.com/pdf/Sampsons-Clinical-Update---Fall-2014.pdf>

To read more about Sandy, visit <http://sampsons.com/news/in-the-news.asp> and scroll down.