



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.