

2024 Amputee Walking School

Advanced Gait Training for Lower Extremity Amputees



What is it?

The Amputee Walking School is an advanced gait training and running program for lower extremity amputees offered by Atlantic Rehabilitation, in partnership with Next Step Orthopaedics and Todd Schafhauser and Dennis Oehler.

What you will learn

The amputee walking school will introduce exercises and stretches for lower limb amputees of all ages and various levels of amputation. Treatment approaches for improved function and return to an active lifestyle will be presented. This will also include instruction on advanced exercises and running techniques for above and below-knee amputees.

The amputees go through the full-range of stretching and strengthening exercises, assisted by a trained professional and/or their spouse/family member. Those amputees who are more advanced are taught how to run. Others have the opportunity to review the basic exercises, advanced options to work toward and be coached on ways to improve their walking gait.

Todd and Dennis are former Paralympic athletes who have formed the Amputee Walking School.

Schedule

Sessions will be from 9:00 to 11:30am. This will include an open discussion and involve hands-on exercise demonstrations.

Atlantic Rehabilitation
6 Saddle Road, Cedar Knolls, NJ
Saturday, March 2

Atlantic Rehabilitation
Atlantic Health Pavilion
242 West Parkway, Pompton Plains, NJ
Saturday, May 4

Atlantic Rehabilitation
Newton Medical Center
175 High Street, Newton, NJ
Saturday, August 3

Atlantic Rehabilitation
New Providence Campus
550 Central Avenue, New Providence, NJ
Saturday, October 5

All events are free of charge, but registration is required. Please call Shannon Maldonado at 973-971-4659 or email Shannon.Maldonado@atlantichhealth.org.



Atlantic
Health System

Todd Schaffhauser

Todd became an above-the-knee amputee at the age of 15 as a result of cancer. Determined to regain an active lifestyle, he pursued competitive athletics for the first time in his life. In 1988, Todd qualified for the Paralympics Track and Field Team and won a gold medal by completing the 100m event in a time of 15.77 seconds. In the 1995 World Games in Germany, he broke his own world record by running the 100m in 14.55 seconds.

Todd competed and medaled at three Paralympic Games. Along with his athletic endeavors, Todd has worked in the prosthetic community for more than 20 years. He co-created the Amputee Walking School that has changed the lives of thousands of amputees, their families and rehabilitation professionals worldwide. Todd participated in the research, development and marketing of numerous prosthetic products. In 2002, he was named an honorary member of the American Academy of Orthotists and Prosthetists.

Dennis Oehler

Dennis became a below-the-knee amputee at the age of 24 as a result of an automobile accident. Dennis was determined to resume his athletic endeavors and qualified for the 1988 Paralympics Track and Field Team. In Seoul, Korea, he set the world record for the 100m event in 11.73 seconds and won gold medals in the 200 and 400 meter events. Four years later in Barcelona, he set another world records in the long jump and took silver in the 100m.

In 1989, Dennis co-created the Amputee Walking School designed to take amputees beyond traditional rehabilitation. This life-changing program has reached more than 7,500 amputees and 15,000 therapists worldwide.

Dennis has served on the board of directors for the American Board for Certification. In 2002, he was named an honorary member of the American Academy of Orthotists and Prosthetists.

