








Term	Definition	Image
<b>Amputation</b>	The loss of a part of the body, for example the leg or the arm.	
<b>Arthritis</b>	A health problem, where a person's joints become stiff, swollen and / or painful to move.	
<b>Cerebral palsy</b>	A group of conditions that affect movement, muscle tone, balance and posture. Cerebral palsy is a result of damage to the brain before, during or soon after birth.	
<b>Diabetes</b>	A disease where sugar is high in blood. This can result in many health problems including: difficulty in feeling parts of the body (especially feet) and consequent foot wounds, gradual loss of vision, kidney damage, urinary incontinence and difficulty remembering things.	
<b>Diabetic foot wound</b>	Breaking of skin in the foot. Foot wounds are complication of diabetes and other health conditions that reduce the feeling in the foot. If untreated, a diabetic foot wound can lead to amputation. Diabetic foot wounds are also called foot ulcers.	
<b>Grab bar</b>	A fixed bar for a person to hold onto for assistance balancing or moving.	
<b>Fitness</b>	Being physically strong and healthy.	
<b>Frail/frailty</b>	Weak, fragile and with little energy. Often occurs as people grow older and their health declines.	
<b>Orthosis</b>	A brace or splint that supports part of a person's body. It can help to reduce pain, assist with moving, or stop unwanted movement.	
<b>Paralysis</b>	Loss of ability to move a body part (usually legs or arms).	
<b>Polio</b>	A serious infectious disease that can cause a person's muscles to become weak or paralysed. This will affect their mobility even after they recover from the infection.	
<b>Pressure wound</b>	A pressure wound is a breakdown of the skin. It is usually over a bony area and is a common problem for people with problems feeling or difficulty moving and changing position.	

<p><b>Prosthesis</b></p>	<p>An artificial leg that replaces a missing body part (e.g. the leg).</p>	
<p><b>Rollator</b></p>	<p>Walker with four wheels.</p>	
<p><b>Self care</b></p>	<p>Self care means looking after oneself. TAP focuses on the self care activities a person carries out every day to look after their basic personal needs. For example: washing, going to the toilet, getting dressed, eating and drinking.</p>	
<p><b>Sensation</b></p>	<p>The ability to feel touch, pressure and pain.</p>	
<p><b>Spinal cord injury</b></p>	<p>Damage to the spinal cord, which is usually caused by an accident or illness. After a spinal cord injury, messages cannot travel along the spinal cord between the body and the brain. Often a person cannot move (is paralysed) and cannot feel below the level of the injury.</p>	
<p><b>Stroke</b></p>	<p>Blockage of blood flow in the brain. This can result in one side of the body becoming weak or paralysed, as well as problems in speaking, feeling, thinking and seeing.</p>	
<p><b>Stump</b></p>	<p>After an amputation, the part of an arm or leg that's left beyond a healthy joint is called a residual (remaining) limb, or more commonly, a stump</p>	
<p><b>Therapeutic footwear</b></p>	<p>Therapeutic footwear are shoes and insoles for people who can walk, however need to protect their feet from pressure and rubbing</p>	
<p><b>Transferring</b></p>	<p>Moving your body from one place to another.</p>	
<p><b>Weight bearing</b></p>	<p>Amount of weight that a person can put through their leg(s).</p>	