



Weightlifting for Arm Amputees

Many amputees keep in shape through weightlifting. If you are just starting out, it is important to discuss the exercises you would like to do with your prosthetist and a trainer; they can help you customize exercises for each piece of equipment (free weights, dumbbells, bench presses, etc.) to ensure you can safely use the equipment with your artificial limb(s) or special device(s) and make sure the muscles in your residual limb(s) are being appropriately exercised. Weight training can improve range of motion and muscle strength and help with balance. Everyone works up a sweat at the gym, so it is important to ensure your suspension is secure with your artificial limb(s) or device(s).

What follows are a few examples of weightlifting devices.

Grip, Black Iron Master, Black Iron Trainer and Black Iron Light

TRS offers the **Grip 2S** and **Grip 3** prehensors. These terminal devices can be modified to accept a locking pin accessory for holding weights in place. The TRS **Black Iron Master** is designed for serious heavy-duty and professional weightlifters. It is manually secured with a wing nut and has no quick release or other break-away features. Once clamped in place, it stays until manually released.

For a lighter-duty weightlifting device, TRS has the **Black Iron Trainer**. It is smaller and weighs less than the Black Iron Master but is still capable of handling a wide range of weight apparatus.

The TRS **Black Iron Light** is designed for aerobic-style dumbbell exercises and resistance training. It has a ratchet-type strap that allows the device to be easily adjusted to fit an assortment of handle diameters. The Black Iron Light is not recommended for weights over 10 pounds.



The N[∞]Abler

Texas Assistive Devices offers this weightlifting device. Many other devices are also offered that attach to the **N[∞]Abler** (carpentry tools, gardening tools, kitchen utensils, etc.).



Ottobock

The Ottobock **10A2 All-purpose Clamp** can also be used for your weightlifting needs. Covering the tips with rubber hose will help secure your grip.



Custom Devices

Your prosthetist may also be able to custom design a weightlifting device similar to the one pictured here.

