

# Disclaimer



## Disclaimer for using the LimbPower Activity cards

Before using the LimbPower Activity cards, it's crucial to prioritise your safety and well-being. Consult your G.P., Rehabilitation Consultant, or other healthcare professionals before starting any new exercise or fitness programme. They can assess whether the programme is suitable for your abilities and needs, especially if you have a history of high blood pressure, heart disease, chest pains during or after exercise, smoking, high cholesterol, obesity, or any bone or joint issues that could be exacerbated by physical activity. Follow their advice carefully and do not exercise if they have advised against it.

During exercise, always pay attention to your body's signals. If you experience any pain, discomfort, soreness in your sound or prosthetic (residual limb), fatigue, lightheadedness, dizziness, headache, shortness of breath, blurred vision, nausea, or sickness, stop exercising immediately. It's essential to prioritize your safety and well-being. When performing standing exercises, ensure you hold onto a stable surface for added stability and security.