

# What People Are Saying...

## OPAF First Things First Training and Clinic Spartanburg, South Carolina April 1, 2017

*"Great event. Looking forward to attending more"*

*Vivian Dunlop*

*"Very natural movements. Robin and Chris made this session very enjoyable"*

*Andy Finneran, Participant*

*"Evidence based knowledge with practical hands on practice. Excellent organization of available evidence"*

*Michael Arambula, DPT*

*"Falling down can be a scary thing. Falling down when you have a prosthesis can be scarier. However, falls happen, that is reality. Knowing how to fall and how to recover from a fall is such a basic need for people with an amputation, yet often overlooked. It was educational as a prosthetist to learn how to teach people how to fall, how to recover from a fall, and how to communicate with others who may try to help them when they fall."*

*Rachel Friddle Johnson, CPO*

*"No matter what age a person is, addressing mobility is always important. When a person has challenges, sometimes the basics (getting up and down safely) need to be renegotiated. First Things First is a clinic from OPAF that does exactly that. It takes the individual, and their care provider and support team back to the basics of mobility. Falling is something we all do, and this program offers the skills necessary to do it with as little to no injury as possible, and then return to an upright and stable position. I would recommend this program to all rehabilitation centers and therapy groups."*

*John Kinder, Participant*