



# Limb Deficiencies

Congenital limb deficiencies occur when any part or all of an upper or lower limb does not form normally when the baby develops in the uterus. This can also be called a “limb reduction” because the arm, hand, leg, or foot is reduced from its normal size, or is missing. The causes of limb deficiencies are usually unknown, but they have been related to exposure to certain chemicals, medications, or viruses during pregnancy.

## Resources for families

### Northwest support resources

- Oregon Family to Family Health Information Center  
[tinyurl.com/y8ed6er5](https://tinyurl.com/y8ed6er5)
- Washington Parent to Parent (P2P) Programs  
[tinyurl.com/yaucv2mk](https://tinyurl.com/yaucv2mk)

### National/international/online resources

- Lucky Fin Project  
[tinyurl.com/y9qt5p5k](https://tinyurl.com/y9qt5p5k)
- Helping Hands Foundation  
[tinyurl.com/ya4smqsy](https://tinyurl.com/ya4smqsy)
- Reach  
[tinyurl.com/yafwwmg8](https://tinyurl.com/yafwwmg8)
- International Child Amputee Network  
[tinyurl.com/yaxlsro9](https://tinyurl.com/yaxlsro9)

### Information for you and your care team

- Resources to Help Children Understand Limb Loss - Amputee Coalition  
[tinyurl.com/y7cebf84](https://tinyurl.com/y7cebf84)

### Family stories

- Patient stories - Children’s Healthcare of Atlanta  
[tinyurl.com/ycztae3y](https://tinyurl.com/ycztae3y)
- Empowered stories - Hanger Clinic  
[tinyurl.com/yc9kr8tu](https://tinyurl.com/yc9kr8tu)

### Clinical trial information

- Children and Clinical Studies  
[tinyurl.com/y75s4twm](https://tinyurl.com/y75s4twm)
- Find an approved clinical trial  
[tinyurl.com/zp3jesq](https://tinyurl.com/zp3jesq)

### Insurance information and help

- Getting insurance for children (OR)  
[tinyurl.com/ydfaaeoy](https://tinyurl.com/ydfaaeoy)
- Getting insurance for children (WA)  
[tinyurl.com/yca9lkey](https://tinyurl.com/yca9lkey)
- Understand your health insurance  
[tinyurl.com/y46h8nvx](https://tinyurl.com/y46h8nvx)
- Learn about coverage  
[tinyurl.com/y4639rz6](https://tinyurl.com/y4639rz6)
- Road map to health  
[tinyurl.com/yysc6kv7](https://tinyurl.com/yysc6kv7)
- General/Oregon Health Plan Questions: 855-323-6744

### Other resources

- inMotion - Free magazine for amputees and those with limb differences  
[tinyurl.com/ybqov9uk](https://tinyurl.com/ybqov9uk)
- Camp No Limits  
[tinyurl.com/ycrr5r4y](https://tinyurl.com/ycrr5r4y)
- Forever Footprints - Shriners International  
[tinyurl.com/yaccjkr3](https://tinyurl.com/yaccjkr3)
- The Parents’ Guide to Lower Limb Deficiency - STEPS [PDF]  
[tinyurl.com/y89htk4g](https://tinyurl.com/y89htk4g)
- Oregon Adaptive Sports  
[tinyurl.com/y7y65ouu](https://tinyurl.com/y7y65ouu)
- Device Loan Library - Access Technologies  
[tinyurl.com/yaayygyw](https://tinyurl.com/yaayygyw)

### Books for parents and children

- Bibliography available by calling the Oregon Family to Family Health Information Center at 855-323-6744
- Swindells’ online library search  
[tinyurl.com/y9t2jwcx](https://tinyurl.com/y9t2jwcx)