



Patient Association

KorterMaarKrachtig



English

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KorterMaarKrachtig (KMK) is the Dutch association of, for and by people who have undergone an amputation or were born with a short arm or leg.

Every year, more than 3,000 people undergo an amputation in the Netherlands and several dozen children are born with a shortened arm or leg. The association works with a large network of volunteers across the country. We organise all kinds of activities for our members, such as drop-in sessions at rehabilitation centres and hospitals, members' days for the whole family at a fun location, sailing camps for young people, swimming parties and outdoor days for children and their parents, brothers and sisters.

An amputation of (part of) a leg and/or arm is a major surgical procedure with many consequences for daily life, in the long run as well as for the people around you. When a child is born with a short arm or leg, this is also a significant event.

You are faced with a lot and you have all kinds of questions. How can you manage at home as independently as possible? Are adjustments needed at home, at work or at school? Will you need a prosthesis or orthosis, and if so, which one? And how do you cope with all these changes? And for parents: how will your child develop?

You and your loved ones can come to KorterMaarKrachtig for information and to exchange experiences with others in a similar situation.





**"You don't
have to do
it alone."**

Noor van Lingen

Membership

KMK supports children, young people, and adults. We have two special groups for parents and young adults:

- **LedeMaatjes:** for parents of children with short limbs or amputations.
- **LedeMaten:** for young adults aged 18-25, with special activities just for them.

Membership costs €30 per year in 2025, with a discounted rate of €20 for young people aged 18-25. Starting from 2026, the membership will cost €35 per year, and the discounted rate for those aged 18-25 will be €25.

Benefits of Being a Member


As a member, you will receive the Kort&Krachtig! magazine four times a year. You can also vote at the general meeting and join all our activities. Many health insurance policies cover part or all of a membership with a patient association, so check with your insurance provider for details.

We welcome your Donations

KorterMaarKrachtig has an ANBI status, meaning it is recognized as a public benefit organization in the Netherlands. Donations to the association are appreciated! You can find a button for this purpose on our website.

Become a Volunteer

At KorterMaarKrachtig, we support each other, share experiences, and advocate for our community's needs. With a dedicated network of volunteers across the Netherlands, we make a real difference. Whether you want to help occasionally or get more involved long-term, your support is invaluable. Get in touch with us via our website to find out how you can contribute!





**"I gained a
lot of strength
from it."**

Iwan Schulten

Why Become a Member?

- **Information:** stay informed and updated on the latest developments.
- **Connections:** share tips and experiences with people like you.
- **Advocacy:** ensure your voice is heard where it matters.

Information That Inspires

Prosthetic technology is developing quickly, and we follow these changes closely. Our members stay informed through our website, brochures, and our quarterly magazine, Kort&Krachtig! We also organize walk-in events at hospitals and rehabilitation centers and attend prosthesis user days. KMK is present at various fairs and events, both in the Netherlands and internationally. We work closely with rehabilitation doctors and prosthetic makers to ensure they know about the association and can refer patients to us.

Knowledge Based on Experience

If you're living with an amputation or if your child has a short limb, the experiences of others can be incredibly helpful. That's why we encourage our members to connect, share their stories, and offer mutual support. Our large network of volunteers is always ready to help, and we also organize fun, active events where you can meet others in your area.

Advocacy That Makes a Difference

KMK participates in the creation of medical guidelines and protocols. We also stay in contact with insurers, prosthetic makers, and rehabilitation doctors, as well as organizations in other countries. KMK is a member of Ieder(in), the national network of people with disabilities or chronic illnesses, and IC2A, the international federation of organizations for people who have undergone amputations.

**“Small things
really do bring
happiness.”**

Dennis Janssen



Learn more

Websites

Visit www.kortermaarkkrachtig.com for the latest news and updates from the association. You can also find practical tips for the first months after an amputation at www.nadeamputatie.nl.

Magazine 'Kort&Krachtig!'

Our members receive our magazine every three months, full of interesting stories, interviews, tips, updates and useful insights.



Brochures

Our brochures (in Dutch) provide detailed information about the impact of amputation. You can find the brochures via: www.kortermaarkkrachtig.com/brochures:

- From Amputation to Prosthesis
- Problems with Stump Skin
- How Do I Get a Prosthesis?
- Phantom Pain
- Bone Anchored Prosthesis
- An Arm Amputation, and Now?

Contact us

Would you like to become a member or have any questions? You can sign up via the QR code or contact us via:

- E-mail: secretariaat@kortermaarkkrachtig.com
- Phone: +31 85 666 2122
- Postal address: Postbus 9, 3860AA Nijkerk

Scan the
QR code

