General Description
A Transfemoral Prosthesis is a device used for patients who have undergone an amputation of the lower limb between the knee and the hip. A Transfemoral Prosthesis is sometimes referred to as an Above-Knee (AK) prosthesis.

There are many types of AK prosthetics, and you will be fitted based on the shape and length of your residual limb, activity level, prognosis, preference and prosthetist’s recommendation. Because an AK amputee is unable to bear weight on the bottom of his/her residual limb, one must support his/her weight on the ischial tuberosity (seat bone), the soft tissue of the limb, and the gluteal tissues.

Various suspension methods can be used for a Transfemoral Prosthesis:

Suction Suspension
One of the best forms of suspension, suction suspension, involves pulling the residual limb into the socket with a pull sock or donning sleeve through a hole in the bottom of the socket (see Figure 1). A negative pressure results between the socket and the limb, and a valve inserted into the hole causes a vacuum. The wearer of a prosthesis with suction suspension must have the arm strength and balance to be able to pull the limb into the prosthesis by way of a pull sleeve.

Silicone Suction Suspension
Silicone suspension incorporates a liner which is rolled onto the residual limb, creating a seal. A pin or pull strap at the end of the sleeve locks into the bottom of the socket. A prosthetic sock should be worn over the silicone insert. The volume of the residual limb and the fit of the prosthetic socket determine the thickness of the sock needed.

Silesian Belt (Total Elastic Suspension Belt)
The Silesian belt holds the prosthesis on the individual by wrapping around the waist from the front of the socket to the back. This device is usually prescribed for someone who is unable to wear either the suction or silicone suction suspension, or if additional suspension or rotational control is needed. This belt is comprised of elastic or webbed material. To wear the belt, the individual applies a prosthetic sock, pushes the limb into the socket, then attaches the belt around the waist. The belt is secured by buckles or Velcro® closures.

If you have any questions, please contact Comprehensive Prosthetics & Orthotics.

Your prosthetist is: ____________________________________________

Your physician is: ____________________________________________

Location: ____________________________________________________
Transfemoral Prosthesis Above-Knee (AK)
CARE & USE GUIDE (cont.)

Hip Joint, Pelvic Band and Waist Belt

This device is recommended for individuals who need side-to-side stability and rotational control - for instance, someone with weak hip abductor muscles or a short residual limb. A movable hip joint is attached to the prosthetic socket and a metal band on a belt attaches around the waist. This prosthetic is easy to use but adds weight and bulk.

Tips and Problem Solving

- Check your skin regularly for signs of pressure points, skin irritation or unusual redness. It could be a sign of a serious problem. Contact your prosthetist as soon as possible to troubleshoot the problem.
- Wash any part of the prosthesis that makes skin contact (liners, socks, the inside of the socket, etc.) every day with mild soap and water and allow plenty of time to dry. Follow manufacturers’ instructions for care of liners. Unless specifically instructed, do not use anything containing alcohol or unknown chemicals.
- If your socket is too big or too small, see your prosthetist. He or she can show you how to gauge when your socket fits correctly.
- Make sure your shoe height is correct for your prosthesis. A misalignment can put a strain on your residual limb and surrounding joints.
- Keep a “leg” bag handy with items you might need in an emergency (prosthetic socks, pull sock or ace bandage, antibiotic ointment, antihistamine ointment, etc.).
- The fit of your prosthesis will fluctuate during the day, you may need to add or remove socks as needed.
- If you are having trouble with the prosthesis or liner, do not make your own adjustments or alter the prosthesis/liner. Call your prosthetist immediately.
- Do not sleep with your limb resting on a pillow, as this promotes a hip flexion contracture (inability to completely straighten your hip)
- Do not sleep with a pillow between your legs, as this lengthens the inner thigh muscle that helps you keep your legs together when you walk, and shortens the outer thigh muscles so that you walk and stand with your feet apart.
- Do not rest your limb over the handle piece of your crutches.
- Do stretching exercises daily to make sure that you can straighten your knee and hip; this makes walking, and even lying in bed, more comfortable.

Notes

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