

Wear and Care Instructions for a Below Knee Prosthesis

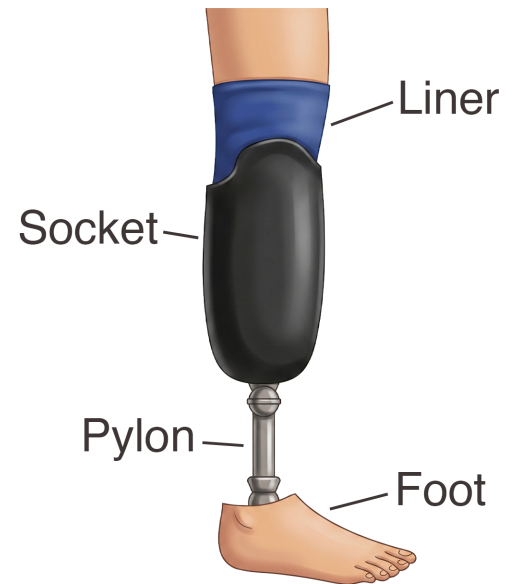


Use your phone's camera to scan this QR code
and follow along with the video

Putting on the Prosthesis

► Follow along with the video for best results

- Before you can put on your prosthesis you must put on a liner. To put on a liner turn it fully inside out so the gel side faces out.
- Press the end of the liner against the end of your limb making sure there are no air pockets between the liner and your limb. If you have a pin at the end of the liner, make sure it is centered. It should be pointing straight away from the end of your limb and not at an angle.
- Roll up the liner so the gel side is against your skin and the material side is now fully facing out. Do not pull the liner up on your leg. Roll it up or you're likely to cause wrinkles in the liner.
- Now you can put on the prosthesis. Slide your limb into the socket. You should feel minor resistance. This means your limb has a snug fit.
- If your liner has a pin, line up the pin and locking mechanism found at the bottom of the socket. You will hear a clicking sound when the lock engages with the pin. This sound means you are locked into the socket. Now you're ready to go!
- If you do not have a pin at the end of your liner, you will have a knee suspension sleeve that grips the outside of the socket. After sliding your limb into the socket all the way, roll the suspension sleeve up onto your leg. There should be at least 2" of the gel side of the knee suspension sleeve making contact with the skin on your thigh. Now you're ready to go!



Break-In Period

Whenever you receive a new prosthesis you will go through a break-in period. This is true even if you have worn a prosthesis for many years. Your practitioner will talk to you about a custom break-in schedule, it may look like this.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
30 min in the morning	1 hour in the morning	2 hour in the morning	3 hour in the morning	4 hour in the morning	5 hour in the morning	Full time wear
30 min in the evening	1 hour in the evening	2 hour in the evening	3 hour in the evening	4 hour in the evening	5 hour in the evening	

How to use Prosthetic Socks

Your limb will swell and shrink throughout the day and may not always be as snug in your prosthesis as you would like. Prosthetic socks solve this problem. They help manage the fit of a prosthetic socket by taking up space. Socks vary in thickness referred to as ply. The smaller the ply number the thinner the sock.

To put on a prosthetic sock simply pull it up and over your liner. Prosthetic socks should always be worn over your liner and not against your skin. Wearing multiple socks at the same time may be necessary to maintain a good fit throughout the day.

Common Signals You Should Put on a Prosthetic Sock

1. If you feel pain at the bottom of your tibia (shin bone) or pain in the knee cap, try adding a sock.
2. If the height of the prosthesis felt good at one point, but now feels too short, try adding a sock.
3. If the prosthesis is rotating on your leg, try adding a sock.
4. If you feel pressure on the side of your knee and/or on the opposite side of the end of your limb, try adding a sock.

When to Lessen the Amount of Prosthetic Socks

1. If you're wearing socks and the socket feels very tight, remove socks until this feeling is gone.
2. If you're wearing socks and you feel like you cannot get to the bottom of the socket, remove socks until you're able to get to the bottom of the socket.
3. If the height of the prosthesis felt good, but now it feels too tall, remove socks until this feeling is resolved.

HELPFUL TIP - If you have a pin at the bottom of your liner, make sure there is no sock material stuck over the end of the pin. This can cause your liner to get stuck in the prosthesis.

Cleaning Instructions

Liner Cleaning Instructions — Your liner should be washed after every wear.

1. Turn the liner fully inside out, so the gel side faces out.
2. Wash the liner with warm water and soap. You can use your hand or a washcloth. Do not use abrasive scrubbing tools.
3. You should wipe down the liner with rubbing alcohol once a week then rinse it well with warm water.
4. Turn the liner back material-side out to dry. If you have a drying stand you can put the liner on the stand. If you do not have a stand just lay it flat to dry. Make sure the liner is fully dry before putting it on again.

HELPFUL TIP - Check your skin every day. You can use a mirror to inspect the end of your leg. If there is an area that is irritated look at this area of your liner to see if it is breaking down. Look for areas of breakdown, rips, or tears in the gel material. If you find an area that is breaking down or an irritated area on your leg please reach out and let us know. We'll start the process of getting you a new liner.

Sock Cleaning Instructions

1. Hand wash prosthetic socks using warm water and mild soap. You can put them in a washing machine on a delicate cycle.
2. Allow the socks to fully air dry before wearing them again.

Socket Cleaning Instructions

1. Hand wash the inside and outside using warm water and mild soap.
2. Occasionally wipe down the inside of the socket with rubbing alcohol.
3. Dry off the socket with a towel or allow it to air dry. Make sure it is fully dry before putting it back on.

Additional Information

Your shoe choice is very important and will impact the alignment of the prosthesis. If you plan on wearing multiple shoes with different height heels, please bring them in. We will try to accommodate as many shoes as possible.

If you have been given a shrinker it is to be worn when you are sleeping. These keep your limb from swelling during the night.

If you are regularly wearing more than 6 ply or prosthetic socks make an appointment see us. We may be able to add padding to your prosthesis to lessen the amount of socks you need.