



Below Knee Prosthesis



Care and Use Instructions

Donning and Doffing

1. Always put socks and sheaths on one (1) at a time, to insure no wrinkles. The sheaths against the skin first. The order of the socks does not matter, just the total number.
2. Next put on the insert and secure the suspension straps, or belt, or wedge.
3. To remove the prosthesis you should be sitting before you loosen the suspension straps, or belts, or wedge.

Function of Socks

1. Act as a barrier between the skin and the prosthesis.
2. Act to absorb perspiration
3. Act to accomodate fluctuations in limb size (less socks for swelling or weight gain) (more socks for shrinkage or weight loss)

Use of Plys (socks)

When you feel like you are too far into the socket you may need a sock. Sometimes you may feel extra pressure on the very end of your limb, or you may feel pressure on your knee cap. Other times it may be some pressure on the bump on the outside of your leg below the level of the knee cap. If this occurs, you may need to add a ply of sock.

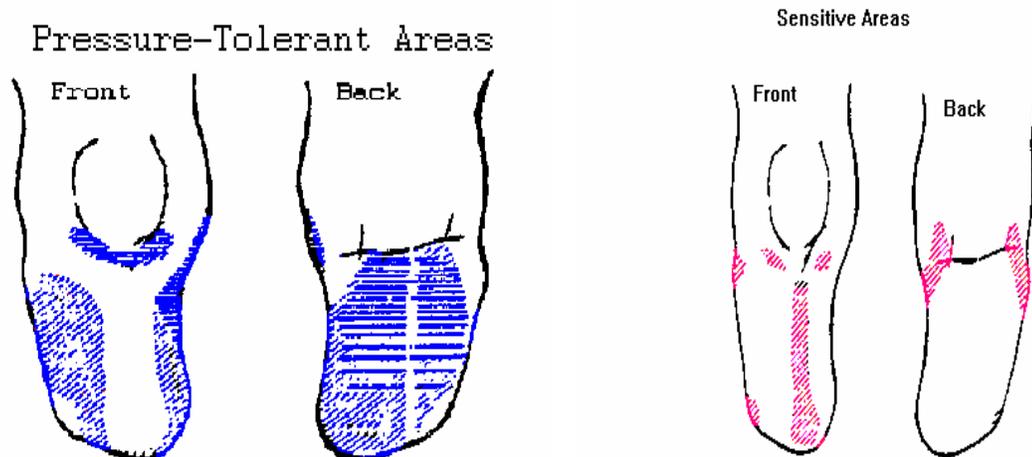
When you feel too tight in the socket, the prosthesis may feel long, or the prosthesis just doesn't want to stay on, you may need to decrease a ply.

Remember, when changing plys of socks change only one ply at a time. Changing more than one ply at a time can confuse you on how something can really feel.. Changing 1 ply is not the same as changing socks. To adjust your fit, use 1 ply socks not 3 or 5 ply socks.

It is the total plys, not the number of socks that count

Skin Coloring/ Pressure

When wearing your prosthesis you will expect to have pressure on your limb. The idea is that the pressure should be on places where you can take (tolerate) pressure and away from areas where you can't take (sensitive) pressure.



We want the prosthesis to fit as snug as possible to help control swelling, and to move when you move. A loose fitting prosthesis can be a problem, because it can cause friction from moving against your limb. In addition you want the prosthesis to move where you intend it to move. A loose prosthesis requires extra leg motion to move the prosthesis a small amount.

When you remove the prosthesis after walking do expect some pinkness over the limb. (If something was in contact with your hand for any length of time it would be pink also.) As you know, the pinkness will or should go away. If the area has darker reds and does not go away in a reasonable time then you need to check the plys of socks or contact your prosthetist immediately.

If you have any questions or problems do not hesitate to call Morgantown Orthotic & Prosthetic Center and talk to your Prosthetist @ 800 598 6672.