

Wear and Care Instructions for an Above Knee Prosthesis - Locking

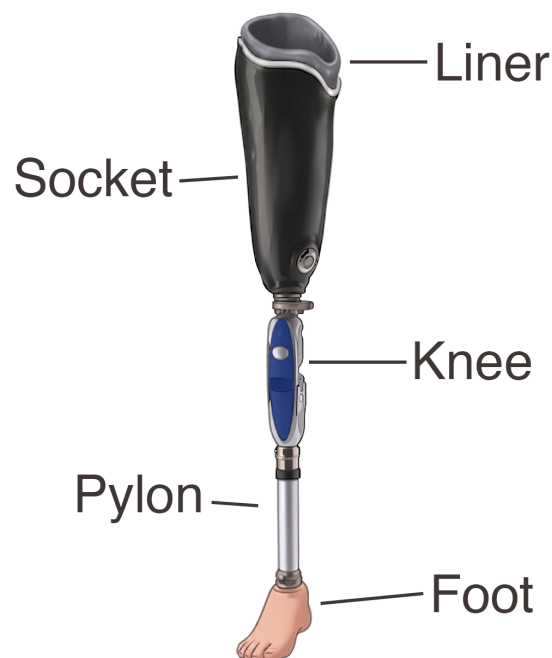


Use your phone's camera to scan this QR code
and follow along with the video

Putting on the Liner

► Follow along with the video for best results

1. Start with your liner. Turn it fully inside out so the gel side faces out. Your liner will be cut to have a tall side and a short side. The short side of the liner should end up covering the inside of your leg and the long side will be on the outside of your leg.
2. Press the end of the liner to the end of your limb making sure there is no air trapped between the liner and your limb. If your liner has a pin at the end, make sure it is centered and pointing straight away from the end of your limb, not at an angle.
3. Roll up the liner so the gel side is against your skin and the material side is fully facing out. Do not pull the liner up on your leg. Roll it up.



Putting on the Prosthesis

1. Slide your limb into the socket. You should feel minor resistance. This means your limb will have a snug fit.
2. If your liner has a pin, line up the pin with the and locking mechanism at the bottom of the socket. You will hear a clicking sound when the pin engages with the lock. This sound means you are locked in. If your liner has a strap, feed the strap through the bottom of the socket, under the silver bar and out the slot on the front. Make sure the leather side of the strap is facing up. Pull the strap completely through the opening and feed it through the D-ring before sticking it back to itself. Now you're ready to go!

Break-In Period

When you receive a new prosthesis you will go through a break-in period. This is true even if you've worn a prosthesis for many years. Your practitioner will talk to you about a custom break-in schedule that 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	

Taking Off the Prosthesis

- Pin Lock Style - While sitting, press the button at the bottom of the socket, and slip your leg out.
- Lanyard (Strap) Style - While sitting, undo the velcro, take the strap out of the D-ring, and slip the prosthesis off your leg.

How to use Prosthetic Socks

Your limb is likely to 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. Socks help manage the fit of a prosthetic socket by taking up space. They vary in thickness referred to as ply. The smaller the ply number the thinner the sock.

To put on a sock, pull it up and over your liner. There will be a hole at the end of the sock to allow for the pin or strap to pass through the sock. Prosthetic socks should always be worn over your liner and not directly against your skin. Wearing multiple socks at the same time may be necessary to maintain a good fit throughout the day.

HELPFUL TIP - If you have a pin or strap at the bottom of your liner, make sure the sock material isn't stuck over the end. This can cause your liner to get stuck in the prosthesis.

Common Signals You Should Put on a Prosthetic Sock

1. If you feel pain at the bottom of your femur, or pressure in the groin, try adding a sock.
2. If the height of your 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 your prosthetic socket is rocking and putting pressure on the sides of your limb, try adding a sock.

When to Lessen the Amount of Prosthetic Socks

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

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

Cleaning Instructions

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

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, but don't use abrasive scrubbing tools.
3. Wipe down the liner with rubbing alcohol once a week to kill any bacteria, and 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 wearing it again.

HELPFUL TIP - Check your skin every day. You can use a mirror to inspect the end of your limb. If there's an area that is irritated, look at the area on 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 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 with warm water and mild soap. You can also 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 to kill any bacteria.
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've received a shrinker it should be worn when you are sleeping. Shrinkers keep your limb from swelling during the night.