

Wear and Care Instructions for Below Knee Prosthetic Socks



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How to use Prosthetic Socks

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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

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.

HELPFUL TIP - If you are regularly wearing more than 6 ply of 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.