



Prosthetic Sock Management

Purpose of Prosthetic Socks:

1. Protect the skin
2. Absorb and wick perspiration
3. Cushioning
4. Compensate for shrinking or swelling
5. Adjust the fit of the socket

Sock thickness = Number of plies: 1-ply, 3-ply or 5-ply

- Remember the number of plies every time you put on the prosthesis so you start with the same number every day.
- If the socket is too tight, reduce sock ply.
- If the socket is too loose, add sock ply.
- Volume change and perspiration can occur throughout the day so keep socks handy.
- Note: adding too many socks can result in:
 1. An unstable prosthesis
 2. Prosthesis is too tall
 3. Pressure over bony prominences

Make sure the prosthesis is in “total contact” with the appropriate amount of socks. If pressures still exists after you have tried to adjust with socks, contact your prosthetist.

Donning Socks

1. Socks – Pull on tightly to eliminate any wrinkles
2. If using more than one sock or combination with sheaths, pull each sock on individually to prevent wrinkles



HUMAN DESIGNS PROSTHETIC & ORTHOTIC LABORATORY
www.humandesigns.com



Hygiene for Amputees

Residual Limb

- Gentle cleaning everyday
- No fragrant soaps
- Use the same soap as rest of body
- Rinse well and dry



Prosthetics Socks

- Washing instructions included on packaging
- Machine wash warm and dry on “warm”



Roll-on Locking Liners

1. Wash everyday
2. With the gel side out, clean the liner thoroughly with tap water and body soap that does not irritate skin
3. Do not scrub
4. Rinse ALL of the soap residue from the liner
5. Dry with a lint free cloth
6. Return fabric side out to store over night



Liners can be disinfected weekly by wiping the gel side with alcohol after it has been cleaned.

Socket and/or foam liner: Wash as needed with warm soapy water or alcohol

Sleep

- Do not sleep with the prosthesis or liner on
- To maintain compression on the limb, a shrinker can be used at night.

HUMAN DESIGNS PROSTHETIC & ORTHOTIC LABORATORY
www.humandesigns.com



Supracondylar Design Prosthesis

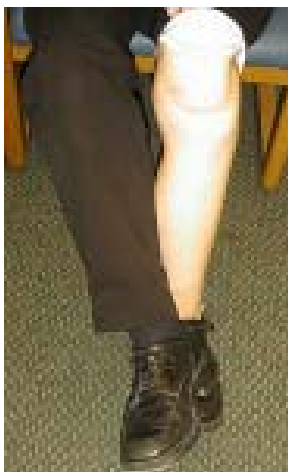
Donning PTBSC (Putting the Prosthesis On)

1. Donn socks
2. Using tabs, pull on soft insert
3. Push limb into prosthetic socket



Doffing PTBSC (Taking the Prosthesis off)

1. Put sound side foot onto prosthetic foot
2. Grab prosthetic socks with both hands
3. Pull up on socks while holding prosthesis down with sound side foot



HUMAN DESIGNS PROSTHETIC & ORTHOTIC LABORATORY
www.humandesigns.com



Roll-on Locking Liner Design

Donning Roll-on Locking Liner & Prosthesis (Putting the prosthesis on)

1. Turn liner inside out
2. Grip end to position it against the residual limb with centering the pin on the bottom of the limb. Make sure to avoid any air pockets.
3. Roll the liner upward all the way up the limb
 - Do not pull
 - Do not use fingernails



4. Donn socks – pull tightly to avoid wrinkles making sure the locking pin is completely exposed
5. With knee in extension, center limb in socket aligning locking pin with “hole”
6. Push limb downward while holding onto sides of prosthesis
 - Ratchet locking mechanisms will give an audible “click” when lock is engaged
 - Clutch mechanisms will display a turning keyhole and allow the limb to be pulled in while seated.
7. Before walking ensure the lock is fully engaged.

Doffing Roll-on Locking Liner & Prosthesis

1. While seated, with the thumb opposite the prosthesis, press the release button in a squeezing action. If the button sticks, lightly tap it with blunt, hard object (like the end of a cane) until it frees up
2. While the button is depressed with one hand, use the opposite hand to push the prosthesis off from the top outer edge of the socket..



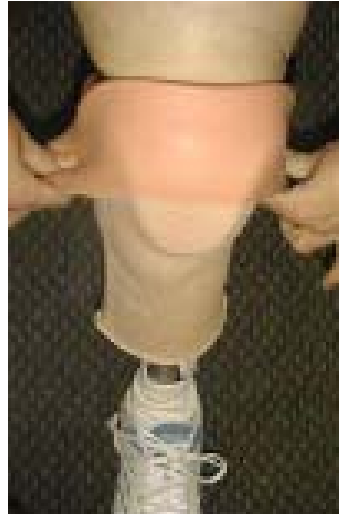
HUMAN DESIGNS PROSTHETIC & ORTHOTIC LABORATORY
www.humandesigns.com



Suspension Sleeve Design

Donning Sleeve Suspension

1. Reflect sleeve onto prosthesis.
2. Donn socks.
3. Using tabs, pull on soft insert.
4. Push limb into prosthetic socket.
5. Pull sleeve up over socks and soft liner avoiding any wrinkles
6. Insure that sleeve is in contact with 2 – 3” of skin above top of socks



HUMAN DESIGNS PROSTHETIC & ORTHOTIC LABORATORY
www.humandesigns.com



Prosthetic Considerations

Donning Cuff strap

1. Donn socks
2. Using tabs, pull on soft liner
3. Pull elastic belting of cuff strap over patella and socks
4. Bring Dacron/Velcro attachment strap around from back of knee through metal loop on elastic belting and fasten back onto itself
5. Reflect socks over strap

Shoe Selection

- Shoes with a softer sole will provide more ground compliance and can help with knee stability
 - Shoes with a hard sole may make it more difficult to control the knee.
 - Avoid sandals or shoes that do not cover the heel of the foot. These types of shoes may be difficult to keep on a prosthetic foot and may cause a tripping hazard.
 - The majority of prosthetic feet are made for one specific heel height shoe.
 - Wearing a shoe with a **higher** heel than the prosthesis was originally made for will result in an **unstable knee** and a feeling of falling forward
 - Wearing a shoe with a **lower heel** than the prosthesis was originally made for can result in **knee hyperextension**, difficult walking over the toe and pressure on the anterior distal tibia
-

HUMAN DESIGNS PROSTHETIC & ORTHOTIC LABORATORY
www.humandesigns.com



Amputee Skin Care

Antiperspirants

Drysol

By Prescription Only



Certain Dri

Prescription strength OTC



Secret Platinum

Over the counter



Friction/Barrier Creams: Non-absorbent creams

A&D ointment



Crisco shortening



Vaseline



Bandages: No added thickness

Bioclusive (Johnson&Johnson)



Tegaderm (3M)



HUMAN DESIGNS PROSTHETIC & ORTHOTIC LABORATORY

www.humandesigns.com