



## ABOVE KNEE PROSTHESIS

### CARE AND USE INSTRUCTIONS:

#### PUTTING ON AND TAKING OFF PROSTHESIS:

1. Turn the silicone liner inside out and roll on your limb, being careful to avoid any wrinkles. Keep the lanyard and bolt straight and aligned on the end of the limb.
2. Insert your limb into the socket threading the lanyard through the opening at the bottom of the socket. Shift your weight slowly back and forth to allow yourself to settle into the socket.
3. To remove, pull Velcro apart and pull your limb out. Remove your silicone liner and clean. Clean at least 2 times a week with a spray bottle of 1-part isopropyl alcohol and 2 parts water. Do not use anything with fragrances. Clean at night as the liner should not be donned when the liner is still wet.

#### WEARING SCHEDULE:

1. Make sure you are in a safe area when you begin. Always use an assistive device, walker, and crutches with you when you begin to learn how to use your prosthesis. Also have someone present. Physical Therapy is highly recommended.
2. Wear your new prosthesis 2-3 hours a day. Break the time into 2 segments: morning and afternoon. Follow this schedule for 2 weeks until your follow up appointment.
3. After wearing your prosthesis for 1-2 hours remove and inspect your skin, looking for any irritations. DO NOT exceed 1-2 hours the first time you wear your prosthesis. Stay with this wear schedule for the first 2 weeks of wear. REMEMBER over use is the most frequent problem encountered. You do not want to have a problem that can set you back weeks or months. Do not be discouraged if it takes more time to adjust than you expect.
4. The knee will be locked for ambulation during the initial breaking in period for safety. The knee lock can be temporarily disengaged for sitting by pulling up. Remember to ensure the T for the lock is all the way down prior to walking again.

#### WEARING AND CARE OF PROSTHESIS:

1. It is common to have muscle soreness and aching, other possible complications are rashes, blisters, and sweating. If you develop any of these problems, stop using the prosthesis and call Aljan immediately.
2. Your stump socks are a very important part of wearing your prosthesis. You will need to experiment to find the proper sock thickness. It is okay to wear more than one sock at a time. Always make sure that the material of the sock does not cover the lanyard and bolt at the end of the liner. Remember to try and add socks throughout the day. Try to add the socks before the prosthesis becomes uncomfortable. Your limb will begin to shrink the more you use the prosthesis, so adding socks is very important.

3. Always wear shoes with the same heel height as the shoes you wore at your initial fitting. Changing shoes will change the alignment of the prosthesis and make your walking more difficult and possibly painful.

4. You have been given 2 silicone liners; rotate these, wearing a different one every other day. Clean the inside of the liner daily with medical alcohol. Never apply the liner daily with medical alcohol. Never apply the liner with the alcohol wet.

5. Do not get your prosthesis wet as this can cause some of the components to start to corrode. Do not put your prosthesis near a heat source (radiator, etc.) as this can cause the prosthesis to delaminate.

6. Remember everyone has specific needs and conditions that may affect the fit of and tolerance of the prosthesis. Since it is fabricated from rigid materials adjustments may be necessary to ensure optimal fit of the device.

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**Please call if you have any problems or questions about your prosthesis. Report any changes in your health or physical condition that may affect the fit or function of your device, such as changes in weight, or volume, muscle strength, or recent surgeries.**

**(608)257-4256**

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