



Patient Reference Guide:

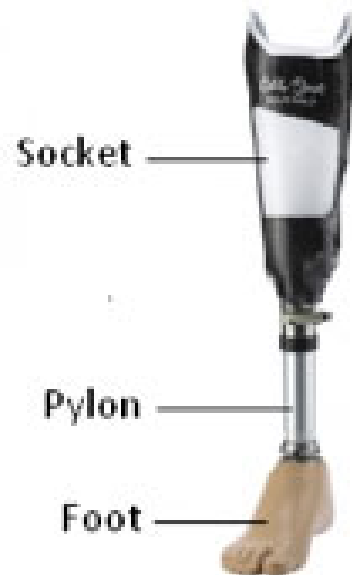
Lower Limb Prosthetics

In this guide you will find information on the following:

1. General layout of a prosthesis
2. Shrinker purpose and use
3. Liner wear and care
4. Sock ply and managing fit
5. Break in and wearing schedule
6. Follow up appointments

Layout of a lower limb prosthesis:

- Below are labeled diagrams of lower limb prostheses.
- Components can vary based on level of amputation and individual needs of the user



Above knee prosthesis

Below knee prosthesis

Shrinker Socks:



- Shrinker socks are compression socks for the residual limb.
- They help to control and reduce swelling of the limb.
- You will be given two (2) of these at your evaluation appointment.
- You should wear the shrinkers for two (2) weeks prior to your casting appointment.
- It is important that you also try to keep your limb elevated prior to casting as much as possible to help reduce swelling.
- Shrinker socks are to be hand washed and air dried. They should be washed daily to avoid skin irritation.

Liners:



ABOUT:

- Gel liners come in several different types with various suspension mechanism attachments depending on the design of your prosthesis.
- They are the primary method of keeping the prosthesis attached to the residual limb.
- They protect the skin and provide some cushioning for the limb.
- You will be provided with two (2) liners.

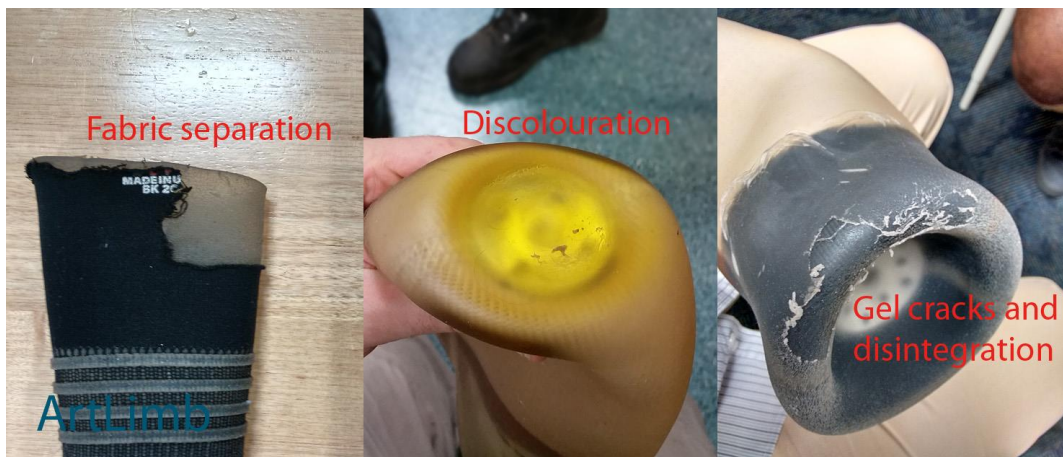
CARE:

- It is important to wash your liners daily to avoid skin irritation and infections.
- It is recommended to wash with water and an unscented soap.
- Be sure to rinse with clean water thoroughly to remove all soap residue.
- Air dry overnight right side out.
- Clean with a rubbing alcohol once per week.

[More information on next page](#)

REPLACING YOUR LINERS:

- Liners do wear out over time and will need to be replaced periodically.
- Check your liners regularly for signs of excessive wear.
- Look for:
 - Rips, tears, thinning gel, discoloration, and holes.
 - As your limb matures/shrinks it is common for liners to become loose or have a stretched out fit.



- To receive new liners, you must obtain a prescription from your doctor for new prosthetic supplies.
- It is recommended that you get new liners once per year to maintain a properly fitting and functioning prosthesis.

Socks and fit management:



- Socks are meant to be worn over your gel liner.
- They help maintain a proper and snug fit of the prosthesis.
- They come in several different thicknesses.
 - Grey- 1ply
 - Green- 3 ply
 - Blue- 5 ply
- You can wear multiple socks at the same time to maintain a snug fit.
- You may need to add or remove socks throughout the day to accommodate either shrinking or swelling of your limb.

Break In Schedule:

- It is crucial you do not overwork yourself or overdo wearing the prosthesis shortly after being fit with it.
- Your body needs time to adjust to weight bearing in areas it has not been accustomed to.
- Wearing your prosthesis for too long, or doing too much activity too quickly can lead to injuries which may result in setbacks.
 - This may include not being able to use your prosthesis for long periods of time to let the injuries heal.
- You will be instructed to wear your prosthesis for no more than 2 to 4 hours per day for the first two weeks.
 - This wear time will slowly be increased over the next several weeks.
 - You will want to work on standing, sitting, short duration walking, and donning/doffing your prosthesis.

- You will need to use a mobility aid such as crutches or a walker for safety when you are first learning to walk with your prosthesis.
 - You want to use the walking aid to keep as much weight off the prosthesis as possible and slowly increase your tolerance to weight bearing.

Follow up appointments:

- Follow up appointments are necessary to address any issues or concerns you might have with your prosthesis.
- They help prevent and manage injuries and keep the prosthesis fully functioning.
- Typically, you will have a follow up appointment 2 weeks after you have been fit with your prosthesis.
- You may have several follow up appointments to adjust the fit, function, or alignment of the prosthesis.
- If you experience any issues with your prosthesis between appointments, you are instructed to contact Aljan to set up an earlier appointment.
 - This may include but is not limited to broken parts, high pressure points, bruising blisters, skin irritation.