



Guidelines for Wearing Your Prosthesis

We strongly recommend using the prosthesis in physical therapy or at home exclusively for at least one week. This will allow you to get used to the prosthesis slowly and will allow you to remove it quickly if any problems should develop. You should expect that the fit of the prosthesis will change over time due to changes in the residual limb. Please contact Achilles Prosthetics & Orthotics anytime you feel that the fit or function of the prosthesis is inappropriate. Your safety and health is very important to us, so we will be happy to address any concern or problem.

1. Put on any liner that your physician may have prescribed (silicon, etc.) and the appropriate number of socks.
2. For below the knee/transtibial prosthetic patients, if you are not using a liner use the appropriate number of prosthetic socks with a prosthetic sheath closest to your skin.
3. For above the knee/transfemoral prosthetic patients, if you are not using a liner then put on the prosthesis using the technique recommended by your prosthetist, therapist, or physician. This may be using lotion to let your limb slide into the socket or an ace bandage to pull your limb into the socket.
4. Make sure you have adequate help and appropriate assistive devices (walker, cane, etc.) when using the prosthesis.
5. Different ply socks are provided to control volume fluctuations. Since these differences can occur daily, or even from morning to night, it is very important that you know how to master your proper fit as your volume changes.

The following explains volume changes relative to volume gain and volume loss.

Volume Gain – Possible Causes

Increase in swelling: Overall body weight gain – heat – decreased activity – medication changes – decreased wearing time of prosthesis and/or shrinkage

Potential Problems: Leg feels too tight with sock or socks worn – leg seems taller – improper fit in socket – pinching – pressure resulting in discomfort in new areas.

Solutions: Ply change – decrease sock ply for volume change. Start by one thickness (ply) at a time. If you cannot make the prosthesis more comfortable by adjusting the prosthetic socks, remove the prosthesis and contact us.

Volume Loss – Possible Causes

Diuretics (such as blood pressure medications) – increased activity – reduced swelling – longer wearing time – cold (decrease in temperature) – overall body weight loss.

Potential Problems: Leg feels loose (slipping of socket while walking) – greater pressure in bony areas – discomfort – leg seems shorter.

Solutions: Ply change – increase number of sock ply.

6. Prosthetic socks absorb perspiration and skin oils. Wear clean prosthetic socks daily, just as you would change your other socks daily. Perspiration left in the socks can cause irritation to your skin. Rinsing your socks out nightly with soap and water is a good practice. Do not put socks in a dryer as that may cause shrinkage – instead lay socks flat to dry. Never store your socks in the socket of your prosthesis since this will cause bacterial growth.
7. Personal care – Daily cleansing of your residual limb is an important part of personal hygiene. It is also advisable to wipe the inside of the prosthesis daily with a clean, dry cloth.
8. Heel Height – Your prosthesis is designed to wear with a specific shoe heel height. If you switch to a higher or lower heel height, the alignment of the prosthesis is affected, therefore, it is important to wear the correct heel height. Remember that your prosthesis should not be worn without shoes.
9. Please be sure to follow the *Initial Wearing Schedule* below.

Instructions for Initial Wearing Schedule

1. Do not wear the prosthesis for more than ½ hour the first day. It will take time to get used to the feeling and pressure of the prosthesis. It is best to get used to it for short time periods.
2. Make sure to take the prosthesis off and thoroughly inspect the condition of your skin for any signs of irritation. If you notice any irritation or red marks, remove the prosthesis. If it does not dissipate in 20 minutes, do not put back on. Instead, contact Achilles Prosthetics & Orthotics at 201-785-9944.
3. If redness dissipates within 20 minutes, increase wearing schedule by ½ hour the following day.
4. It is important to remember that your body may undergo changes over time that may affect the fit or function of the prosthesis. If you are concerned about the safety or effectiveness of your prosthesis, contact Achilles Prosthetics & Orthotics to schedule a follow-up appointment.

Feel free to call us at 201-785-9944 if you have any concerns. This will allow us to properly monitor your progress.

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