



Amherst Office

205 N Leavitt Road
Amherst, OH 44001
P: 440-988-5770
F: 440-988-5776

Sandusky Office

1807 W. Perkins Ave.
Sandusky, OH 44870
P: 419-625-5373
F: 419-625-5377

N. Olmsted Office

28350 Lorain Road
North Olmsted, OH 44070
P: 440-979-9226
F: 440-979-9326

Putting on your Prosthesis

- 1.) Silicone gel liner goes on residual limb first, gel side directly against the skin – fabric on the outside and no socks between the two
- 2.) If pin will not lock in after 5 or more tries, remove prosthesis and dab the end of the pin with lipstick or crayon and when you apply the prosthesis see where the end of the pin is hitting.

If it is hitting in front of the hole, remove liner and reapply with the pin tipping backwards so it can engage the hole correctly. As times goes on you will learn the proper way the pin needs to go in when you put on the liner.

If the residual limb is too swollen or you have too much sock on you might not be able to get it on. Remove socks or remove liner and wear you shrinker sock for a couple of hours and elevate residual limb and try again.

- 3.) If needed, add ply of socks. Socks come as follows: Thinnest: 1ply (white), Medium: 3ply (green band), Heavy: 5ply (blue band)

Start with think socks and add thicker ones as needed to keep the prosthesis tight. A one ply sock can double or triple. Then when wearing (3) one ply socks, wear (1) 3 ply sock and so forth. If a 3-ply sock is to loose add a single ply on top to make it 4 ply fit. Keep adding more socks as the residual limb shrinks. It all depends on how much the residual limb shrinks over time. Most shrinkage happens in the first 3-4 months and then happens more gradually as times goes on. Shrinkage also happens from morning to night at the rate of 8-15% during the day. Add single ply socks as the day goes on to keep the leg tight.

- 4.) Push residual limb down into prosthesis and listen for a click. Once it clicks once or twice, stand and push down again to continue clicking the limb down into the socket. Keep pushing down until the clicking stops.
- 5.) You are ready to walk.
- 6.) As the day does on and leg gets loose add another single ply sock.
- 7.) Later as the day goes on and the leg gets loose again add another single ply sock.
- 8.) As the days go by sock application can change as the residual limb shrinks during the day. Make up for the shrinkage by adding ply of socks, this can vary from day to day
- 9.) Most people fail to add enough ply of socks
- 10.) When you cannot get it comfortable by adjusting the socks then you need to call and make and appointment.