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**PROSTHETIC CARE INSTRUCTIONS**  
**Lower Extremity Prosthetic Devices**  
**Initial Accommodation Schedule**

To prevent skin breakdown or irritation, the number of hours wearing the prosthesis must be gradually increased. Device should not be worn unless instructed by your Prosthetist, Therapist, or Physician.

\_\_\_\_\_ You should **NOT** begin wearing prosthesis until Physical Therapy is set and Therapist or Physician suggest a wearing schedule.

Or

\_\_\_\_\_ You should wear prosthesis according to wearing schedule below.

<u>Special Instructions</u>

When the prosthesis is removed, check the skin for redness, blisters, or open areas. It is normal for the skin to be pink when the prosthesis is removed, this light redness should disappear in about 5 minutes. Do not use lotions, creams or powder on the skin in the socket (unless instructed by a Physician or Prosthetist) as these agents can soften and/or dry out your skin. If heavy redness persists longer than 6 minutes, time how long it takes to disappear. Call Powell Orthotics & Prosthetics and we will schedule a prompt appointment to address problems. The prosthesis may have to be re-adjusted via socket modification, alignment, or proper prosthetic sock regulation. Proper daily regulation of socks plays a vital role in prosthetic socket fit. If a blister or skin breakdown is found, Do Not put the prosthesis back on. If there is blistering Do Not break open the blister. Call Powell Orthotics & Prosthetics immediately and schedule appointment (804)649-9043... If you are receiving gel liners pages 3 & 4 address proper gel liner fitting and hygiene.

**UNDER NO CIRCUMSTANCES SHOULD YOU EVER ADJUST OR CHANGE YOUR PROSTHESIS**

The components have been carefully assembled, adjusted and secured according to the manufacturers' exact specifications and should never be changed by anyone except a qualified practitioner. Call Powell Orthotics & Prosthetics and we will schedule a prompt appointment to address problems.



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**SOCK REGULATION**

You will lose fit in your prosthetic socket as your residual limb changes. This is normal and we will be able to adjust your prosthesis to accommodate some of these anatomical changes. Be prepared to change the amount and/or the ply of your prosthetic socks as the volume of your residual limb changes, this could change several times in a day. You may need to add or subtract socks to accommodate for these volume changes.

**Above Knee Sock Ply and Fitting Instructions**

1. Always wear clean, dry socks to prevent blisters, fungus or bacterial infections
2. Always put on your socks one at a time to reduce possibility of wrinkles in the socks which can cause blisters to form?
3. Change socks daily and you should carry an extra sock with you (i.e. in your car or bag) in case you need to adjust your fit whenever you are away from home.
4. Always remove the soft liner, slide the liner over your socks then apply the socket
5. Check sock fit every time you put on your prosthesis. Your limb may have changed since you last put your prosthesis on due to position of your limb prior to donning, diet and the time of day.
6. Typically you should feel firm pressure all over.
7. IF you feel excessive pressure on the bottom of your limb, or in the groin area, it may also 'feel loose' or if the prosthesis 'feels short today' Adjust sock fit by Adding a sock: start by adding a 1 ply sock and continue to add as needed.
8. IF you feel excessive pressure or if the prosthesis 'feels too tight' or 'feels too long today' you may even find yourself dragging your shoe on the floor. Adjust sock fit by taking OFF a sock: start by removing 1 ply at a time, continue until the prosthesis 'feels as it usually does.

<i>Ply</i>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Regal</b>	Tan	Yellow	x	Green	Grey	Gold	Pink
<b>Soft sock</b>	White	Green	x	Blue	Red	x	x
<b>A+</b>	Green	Blue	Red	x	x	x	x
<b>Knit-Rite</b>	Beige	Yellow	Pink	Green	Grey	Purple	Blue
<b>Daw Premier</b>	x	Yellow	x	Green	Grey	x	x



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## Shoes and Your new Prosthesis

Your prosthetic foot was chosen with your functional capabilities in mind. Traditionally prosthetic feet come in several fixed heel heights, 3/8" (10mm), 3/4" (18mm) and patient adjustable heel height from a flat, no heel to a 2" ( 50 mm) high heel or boot.

### **A. Common Shoes and heel heights:**

1. Most men's dress shoes have a 3/4" heel height or 18 millimeters
2. Most "Tennis" shoes have a lower 3/8" heel height or 10 millimeters

### **B. Changing Shoes**

While our changing shoes are apart of our everyday routine, making sure your prosthesis is in the correct orientation within your shoe is *very important*.

A shoe with a heel height that is **TOO HIGH** may cause:

- a. your knee /or the prosthetic knee to bend or flex too soon, resulting in a fall.
- b. You may feel like you are falling forward,
- c. You may feel like your foot is "short", too soft

A shoe with a heel height that is **TOO LOW** may cause:

- a. Your knee /or the prosthetic knee to bend backwards or flex too late, resulting in a sensation of "walking up a ramp or hill all the time"
- b. You may feel like you are "stepping in a hole"
- c. You may have difficulty "getting the prosthetic knee to bend"

Either of these conditions can lead to an unsafe walking pattern. If you experience difficulty walking after changing shoes, please contact your Prosthetist to discuss solutions.

## Donning Gel Liner



Identify the outside front of gel liner, usually noted by the brand name of gel liner. Grip gel liner.

Place center of gel liner (bottom), over the center of the bottom of residual limb. Roll gel liner all the way onto residual limb gently



During this process check the alignment of locking pin at end of the liner making sure it is in straight alignment with residual limb.

To avoid wrinkling of the liner, lift gel liner behind knee joint then stretch gently upwards before allowing it to contact skin again. Be careful not to damage liner!



**Pin Exposed**

Make sure your sock has a hole in the bottom for the locking pin. ***Make sure the locking pin on gel liner is totally visible once sock or socks have been applied.***



**Sock over pin**

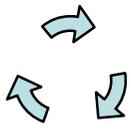
## Caring for your Gel liner:



○ **Wash gel part of liner daily**, with a soap that doesn't contain dye, perfume, or anti-bacterial properties. Clean your residual limb with same soap used on gel Liner. Examples: Clear Ivory Liquid, Clear Palm Olive, Dove soap



○ **Disinfect gel part of liner once every week** by lightly spraying with **Rubbing Alcohol** unless instructed otherwise. Do not use rubbing alcohol on skin unless directed by your physician.



○ **Rotate gel liners daily** & inspect for unusual wear of fabric or gel, this may indicate changes in prosthetic fit.

Skin Irritation could be a direct result of improper cleaning of liner or residual limb!

## Problem solving with your Gel liner:

- Check your Pin daily making sure pin is secure to liner!
- Check your Pin monthly for wear & tear.



- Make sure once liner has been applied, that pin is straight and the front of liner faces up so you can read it. **IF NOT REAPPLY LINER PROPERLY!**
- Do not use a sheath, sock, powder or any lubricant between your skin and liner unless specified by your Prosthetist.
- If a burning sensation occurs on your knee cap once liner has been applied, bend knee, place your hand (palm facing up) between liner and knee cap lift gel gently and lay gel back over knee while knee is still in bent position or place a very light layer of **A&D Ointment medicated** over the area that is burning. **Not the whole limb!**
- Make sure locking device has secured gel liner in prosthesis before walking, get at least **3** clicks.
- If sweating remains an issue, a special Alps brand antiperspirant can be ordered by your practitioner. Once it is applied, you will need to allow it to dry before Donning gel liner.

## Ossur Seal-In liner

### Single ring liner

If sock is needed

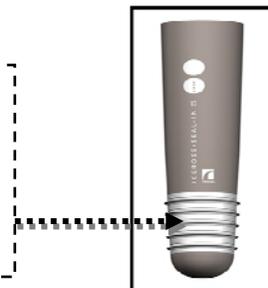
- Apply sock above the rubber ring
- Invert rubber ring
- Tuck sock under the rubber ring
- Return ring to proper position



### Multiple ring liner

If sock is needed

- Apply sock leaving at least 3 rings exposed



### Donning Prosthesis

- Apply alcohol or alcohol GEL based hand sanitizer to ring/rings
- Check Valve to make sure it is screwed in and tight before ambulating
- Slide the prosthetic socket onto residual limb with liner on while sitting
- Once safely in socket, stand applying body weight to prosthesis. This will help seat residual limb with liner fully into socket.
- If valve is removed you should see liner filling entire valve opening
- Check Valve to make sure it is screwed in and tight before ambulating

