

## Device Guide

# Below Knee Prosthesis

### PURPOSE

The purpose of the below knee prosthesis is to help you return to your ADLs (activities of daily living). As you continue on your road of recovery it is important to remember several key points regarding the prosthesis.

### DONNING INSTRUCTIONS

1. If you are wearing a liner, it should be rolled onto your limb first.
2. Always put socks and sheaths on one at a time, to insure that no wrinkles occur. The order of the socks does not matter, just the total ply.
3. If there are straps or a suspension sleeve you should secure these after you place your limb into the prosthesis.
4. To remove the prosthesis you should be sitting before you loosen the straps, belts, suspension sleeves or pin.

#### The Function of Socks

- a. To accommodate fluctuations in limb size (less socks for swelling or weight gain and more socks for shrinkage or weight loss).
- b. To act as a barrier between the skin and the prosthesis.
- c. To absorb perspiration.

#### How to Use Your Socks

- If you feel like you are too far into the socket you may need a sock. Sometimes you may feel extra pressure on the very end of your limb, if so add one ply of sock.

- If you feel too tight in the socket, the prosthesis feels too long, or your limb won't go completely into the prosthesis, you may need to decrease the ply.
- Remember when changing the number of ply of socks; change only one ply at a time. One ply can make a big difference in the way you feel.

*It is the total ply, not the number of socks that count.*

### BREAK-IN SCHEDULE

It is important to gradually increase the amount of time you wear the prosthesis.

**Day 1:** 1 hour on and 1 hour off, all day

**Day 2:** 2 hours on and 1 hour off, all day

**Day 3:** 3 hours on and 1 hour off, all day

**Day 4:** 4 hours on and 1 hour off, all day

**Day 5:** 5 hours on and 1 hour off all day

**Day 6:** you can wear the prosthesis all day if you are not having any problems

### CLEANING INSTRUCTIONS

- The inside of the socket can be wiped down with soap and water and occasionally rubbing alcohol to disinfect. It is important to keep the prosthesis away from water to ensure the integrity of the components.
- If you are wearing a liner with the prosthesis, you received two during your final fitting. It is important to remember to rotate wearing the liners daily.

CONTINUED ON BACK

- At the end of the day the inside of the liner should be washed out with soap and water. It should then be hung to dry for 24 hours.
- Once a week the liners should be rubbed down with rubbing alcohol to thoroughly disinfect the liners. This should only be done once a week because it could dry out the liner.

## PRECAUTIONS

- When wearing your prosthesis you should expect to have some pressure on your limb. The idea is that the pressure should be on places where you can tolerate pressure and away from areas where you can't tolerate pressure.
- We want the prosthesis to fit as snug as possible to help control swelling and to ensure the prosthesis responds immediately as your limb moves. A loose prosthesis can be a problem because it requires extra leg motion to advance the prosthesis a small amount. Furthermore, it can cause friction from the movement inside the socket between your limb and the prosthesis.
- When you remove the prosthesis after walking, do expect some pinkness over the limb. (If something were in contact with your hand for any length of time, it would be pink also.) As you know, the pinkness should go away. If the area has darker red areas and does not go away in a reasonable amount of time, you need to check the ply of socks or contact your prosthetist immediately.

- The shoe is an integral part of the prosthesis and affects the alignment of the prosthesis. If you change shoes keep the same heel height. A higher heel will throw you forward, causing your knee to buckle. A lower heel will throw you back; giving you the sensation you are walking up a hill.

## DON'T HESITATE TO CONTACT US

If at any time you experience changes in your physical condition, you should contact your prosthetist. Changes in weight, muscle strength, and limb volume can greatly affect the way the prosthesis operates. Lawall takes great pride in our continuing care program. Seeing our patients for regular follow-up visits helps to avoid problems before they become major issues. Don't hesitate to call or make an appointment if you have any questions. 1-800-735-4627