



Leimkuehler ORTHOTIC & PROSTHETIC CENTER, INC.

Specialists in Prosthetic & Orthotics since 1948

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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 sock between the two.
2. If pin just won't go in after 5 or more tries, remove prosthesis and dab the end of the pin with lipstick, crayon etc. so when you apply the prosthesis you can see where in the end the pin is hitting.

If it is hitting in front of hole, remove liner and reapply with pin tipping backward so it can engage the hole. As time goes on you learn which way the pin needs to go when you put the liner on. It gets easier as you practice.

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 shrinker sock for a couple of hours and elevate residual limb to try again later.

3. If needed, add plies of socks. Socks come as follows:

Thinnest: 1 ply (white all over)

Medium: 3 ply lycra (green band)

Heavy: 5 ply lycra (blue band)

Start with thin socks and add thicker ones as needed to keep prosthesis tight. A one ply sock can be doubled or tripled. When wearing (3) one plys, wear (1) 3 ply in place of (3) single ply socks. If a 3 ply lycra is too loose add a single ply on top to make a 4 ply fit. Keep adding plys as the residual limb shrinks. You can double any sock or triple even up to 15 plys as needed. 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 time goes on. Shrinkage also happens from morning to night at the rate of 8 – 15% during the day. Add single plys as the day goes on to keep 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 locking residual limb down in socket. Usually 5 – 10 clicks, keep pushing up and down until clicking stops.
5. You are ready to walk.
6. As the day goes on and leg gets loose add another single ply sock, WHITE, over the sock you started with.
7. Later in the day if the leg feels loose again, add another single ply, WHITE, over top of the previous socks from earlier in the day.
8. As the days go by the sock application can change as the residual limb shrinks during the day. Make up for the shrinkage by adding plys of sock. This can vary from day to day.
9. After wearing 5 or more plys, wear (1) BLUE 5 ply instead of a combination of thinner plys.
10. After wearing the BLUE 5 ply add single plys on top of the 5 ply as needed. Keep adding plys and don't hesitate to experiment.
11. Most people fail to add enough plys of sock.
12. When you cannot get it comfortable by adjusting the socks then you need to make an appointment.