

Putting on Your Prosthesis

1. Silicone gel liner goes on the 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. to see where the end of the pin is hitting.
 - a. If it is hitting in front of the 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.
 - b. If the stump 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:
 - a. Thinnest - 1ply
 - b. Medium - 3ply
 - c. Heavy - 5ply
 - d. 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) three ply instead. If a three ply is too loose, add a single ply on top to make a four ply fit. Keep adding plys as the stump shrinks. You can double or triple any sock up to 15 ply total as needed. It all depends on how the stump shrinks over time. Most shrinkage happens within the first 3-4 months, 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 stump down into prosthesis and listen for a click. Once it clicks once or twice, stand and push down again to continue locking stump down into the 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, over the one you started with.
7. Later in the day, if the leg feels loose again, add another single ply sock, over top of the previous socks.
8. As days go by, the sock application can change as the residual limb shrinks during the day. Make up for shrinkage by adding plys of socks.
9. After wearing 5 or more plys, switch to wearing a 5 ply sock instead of the combination of multiple layers.
10. After wearing the 5 ply, add single plys on top of the 5 ply as needed. Keep adding plys and don't hesitate to experiment to find what is most comfortable for you.
11. Most people fail to add enough plys of sock.
12. When you can't get the prosthesis comfortably on by adjusting the socks, it is time to make an appointment for a fitting adjustment.

