



Above Knee Prosthesis Instructions

For sock fit systems with waist belt suspension

Applying

1. Put a 1-ply or 2-ply prosthetic sock onto your residual limb.
2. Place your residual limb into the socket and try to ensure that the leg is positioned correctly by examining rotation of the prosthetic foot. Your residual limb should slide all the way to the bottom of the socket.
3. If you use a pull bag to don your prosthesis, apply the pull bag over your sock. As you pull on the end of the pull bag, lift your weight up off of the prosthesis. This will allow for the pull bag to pull your limb into the socket. To assist in donning, pull small portions as you work your way around the pull bag. Repeat the process of taking weight off the prosthesis and pulling small portions of the pull bag. Continue until the pull bag is removed.
4. There should be mild resistance. If your leg slides in easily, the socket is loose. Remove residual limb from the prosthesis, add socks as needed, and start again.
5. Once your limb is seated properly in the socket, pull the waist belt around your waist. The waist belt is worn 'gun slinger' style with the belt pulled snug up over the top of the opposite hip and fastened in the front. This belt will provide suspension of the prosthesis when you are walking.

Removing

1. Unfasten the waist belt and slide your limb out of the socket.
2. Remove any socks from your limb.

Cleaning

1. Wear clean socks daily. See the sock package for cleaning instructions.
2. If the flexible liner becomes dirty, you can wipe it out with a damp cloth and clean with a mild soap. Non-scented antibacterial soap is recommended (i.e. Softsoap, Ivory, etc.). Dawn dishwashing liquid and Dial antibacterial soap are not recommended.
3. Wipe with a damp cloth, making sure no soap residue remains on the inside surface.

Poor hygiene often causes skin irritations, infections, and is a major part of tissue breakdown.