

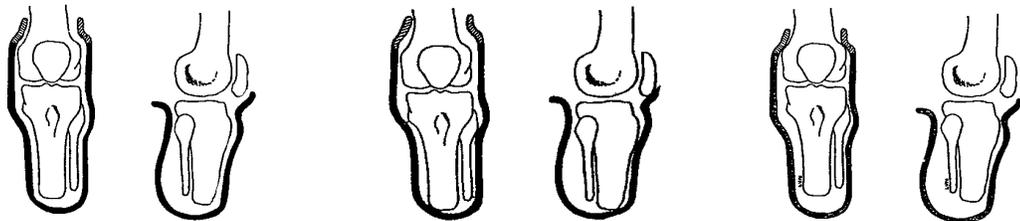


Below Knee Prosthesis Instructions

For systems with roll-on gel liners

Applying

1. Turn the liner inside out
2. Roll on liner with no air trapped inside
3. Make sure the liner umbrella is centered at the distal end of your residual limb (check from all views)
4. Add socks over the liner if required. When adding socks, make sure they are pulled up and have no wrinkles.
5. Put residual limb in socket.
6. There should be mild resistance when applying the prosthesis. If your leg slides in easily, then the socket is loose. Remove prosthesis, add socks and start again.
7. Check the position of your knee cap in relation to the socket as shown below:



Fits well

Too loose, add socks

Too snug, remove socks

8. Roll the suspension sleeve into place
9. Check sock fit throughout the day. Usually, as the day progresses, volume is lost and socks need to be added. Remember; pain at the bottom of the limb often feels the same whether you have too few or too many socks. If too few, there is often pressure at the base of the knee cap as well as at the bottom. With too many socks, there is often pressure on the sides of the knee as well as the bottom. **Remember, when adding socks, make sure they are pulled up and that there are no wrinkles in the fabric.**

Removing

1. Roll down the suspension sleeve and pull your limb out of the socket
2. Remove any socks and roll down the liner

Cleaning the liners

1. Gel liners come in pairs. Wear a clean liner everyday that was not worn the day before. Liners need 24 hours to dry and “restore” their shape and condition.
2. Turn the liner inside out to wash the gel side. Rinse with water and lather surface with a small amount (1-2 squirts) of liquid soap. Non-scented antibacterial soap is recommended (i.e. Softsoap, Ivory, etc.). Dial antibacterial soap is not recommended. Never “scrub” the surface of the gel.
3. Rinse well, making sure no soap residue remains on the gel surface
4. Blot the liner dry on a lint-free towel
5. Return the liner to right side (fabric side) out and allow to dry. It is okay if the fabric side gets wet. Allow the liner to air dry away from any direct or indirect heat sources.

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