

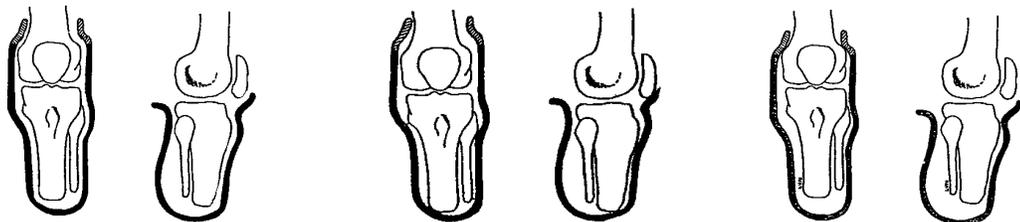


## Below Knee Prosthesis Instructions

### For systems with soft insert and joint and corset

#### Applying

1. Put a nylon or 1-ply prosthetic sock onto residual limb.
2. Remove the soft foam insert from the prosthesis.
3. Slip insert onto residual limb. Sometimes this involves giving a “wiggle”- type motion as donning procedure is completed.
4. If you are wearing an insert that requires you to pull in, slide the top portion of the white nylon sock over your residual limb. Pull on the bottom portion of the nylon and push the insert onto your residual limb.
5. There should be mild resistance when applying the insert. If your leg slides in easily, then the insert is loose. Remove insert, add socks, and start again.
6. Add a nylon sock over the outside of the insert and place into the prosthetic socket.
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. Lace up the corset on your thigh. You may need to stand up to get the corset all the way up onto your thigh.
9. If you are wearing a waist belt and fork strap, wrap the belt around your waist and attach the fork strap to the buckle. This will help lift the prosthesis as you are walking.
10. 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.

#### Removing

1. Untie and loosen the corset and pull your limb and insert out of the socket.
2. Remove the soft insert and any socks from your limb.

## Cleaning

1. Wear clean socks daily
2. Wipe soft insert 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.

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