

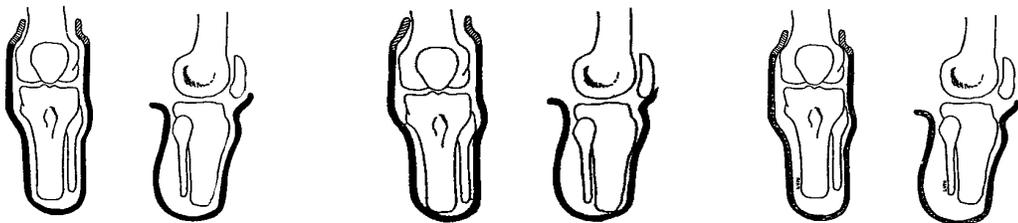


## Below Knee Prosthesis Instructions

### For systems with roll-on 5 seal gel liners

#### Applying

1. Turn the liner inside out.
2. Place the end of the liner against your residual limb and roll on the liner with no air trapped on the inside.
3. Lightly spray the inside of the socket with a 50/50 mixture of alcohol and water or apply other lubricant to assist in sliding into the prosthesis.
4. Place your residual limb into the socket and try to ensure that the leg is positioned correctly by examining rotation of the prosthetic foot.
5. Slowly push your residual limb into the socket. Air will be pushed out through the distal one-way valve. After multiple pushes, your residual limb should slide all the way to the bottom of the 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. The socks should be added over just the proximal seal. Make sure the sock is not placed over all the seals; this could lead to loss of suspension.
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. 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. Remove or open the one-way valve at the end of the socket 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 on a flat surface. It is okay if the fabric side gets wet. Allow the liner to air dry.

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