



## Below Knee Prosthesis Instructions

### For systems with roll-on gel liners with pins

#### Applying

1. Turn the liner inside out
2. Roll on liner with no air trapped inside
3. Make sure the pin is centered on the bottom of your residual limb (check front and side views)
4. Add socks with holes over the liner if required. When adding socks, make sure they are pulled up and that no fabric is resting on the pin.
5. Put residual limb in socket with the pin directed at the hole in the bottom
6. Rest heel of prosthesis on the floor with knee flexed about 45°
7. With palms of hands resting on knee, mildly push until the pin “clicks”
8. If the pin won’t engage, pull the heel back a few inches (knee should be flexed less than 90°)
9. Press with both palms on knee again. Keep alternating these 2 positions until the pin engages.
10. Ideal situation: get 1-2 clicks sitting down, stand up to get clicks 3 and 4, and walk to get clicks 5 and 6 (6 clicks total for short pin).
11. There should be mild resistance to achieving clicks sitting, standing, and walking. If all clicks happen easily sitting down, then the socket is loose. Remove prosthesis, add socks and start again.
12. 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



13. 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 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 no fabric is resting on the pin.**

## **Removing**

1. Press and hold the release button at the bottom of the socket and pull out your limb
2. Remove any socks and roll down the liner
3. If you have trouble removing the prosthesis: Before pushing the release button, put weight on the prosthesis (either sitting or standing). Then, push the release button and hold it in while lifting the limb out of the socket.

## **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.**