



Your next step begins with Access

STEP-BY-STEP INSTRUCTIONS FOR DONNING YOUR PROSTHESIS

Nylon Sheath

This is a thin brown or white nylon stocking which should be worn against your skin at all times when wearing your prosthesis.

Prosthetic Sock

Most prosthetic socks are made of wool, but other materials are also used. The colored band of stitching at the top indicates the thickness of the sock. The sock(s) should be pulled up snugly, leaving no wrinkles. The correct sock combination is the one that requires the Foam Socket Liner to be worked into place.

Foam Sock Liner

The liner is the white or orange foam cup that is the same shape as the inside of your prosthesis. The smaller rounded opening goes in the front, under your kneecap, and the larger, more squared off opening goes at the back of your knee. The liner should be worked fully into place before trying to put on the prosthesis. There should be a second nylon sheath on the outside of the liner to help slide it into the prosthesis. This second nylon may be glued to the liner.

Prosthesis

The prosthesis (artificial limb) slides over all the previous items, again with the smaller rounded opening in the front, under the kneecap, and the larger, more squared off opening at the back of your knee. If it cannot be slid on, you may have on too many socks or too thick a sock.

Suspension Sleeve

The last item is the elastic sleeve that keeps the prosthesis on your leg. This is black on one side (against your skin) and tan on the other (facing out). Once the prosthesis is fully in place, roll the sleeve up onto your thigh, making sure all the wrinkles are out. Once standing, give the top of the sleeve another pull to get it all the way up.

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