

WEAR SCHEDULE

It is important to allow your limb time to adjust to wearing a prosthesis. Start wearing it for 1/2 to 1 hour in the morning and the afternoon on the first day, and then to increase the morning and afternoon wear time by 1 hour each day until you've reached a full day of wear. **Be sure to check your skin after each wearing period**

Day 1: ½ hour morning, ½ hour afternoon/evening

Day 2: 1 hour morning, 1 hour afternoon/evening

Day 3: 2 hours morning, 2 hours afternoon/evening

Day 4: 3 hours morning, 3 hours afternoon/evening

Day 5: 4 hours morning, 4 hours afternoon/evening

Day 6: 5 hours morning, 5 hours afternoon/evening

Day 7: All day

Follow the instructions that your prosthetist and therapist have given you. You may need to use a walker or cane when you are learning to walk with the prosthesis. Be aware of changes in surface when you are walking. The transition from smooth floors to rough carpet can cause you to stumble if you are unaware of the change.

SHOES

Always wear a shoe with your prosthesis. Walking without a shoe may cause you to feel like you are falling backward. You can change shoes, but be sure that they have the same heel height as the shoes you wore to your appointments with your prosthetist. If you are unsure if shoes have the same heel height, call and make an appointment with your prosthetist to have them evaluated.

VOLUME MANAGEMENT

It is absolutely necessary to maintain a total contact fit within your socket. Volume management and communication with your Prosthetist are absolutely necessary for you to be successful with your prosthesis.

When to add prosthetic socks?

- If you do not meet mild resistance when you are first applying the prosthesis you likely need a sock.
- If your limb feels like its moving within the socket while walking, you very likely need a sock.
- If you perceive that your bearing excessive weight on the bottom of your stump, you likely need a sock.
- If you are using a below the knee prosthesis and the top of your knee cap is not even with the lateral sides of the socket, you likely need a sock.

Signs of too many socks

- If you remove the prosthesis and liner and you see a defined discolored mark on the bottom of your limb, you may have too many socks.
- If your limb doesn't make light contact with bottom of the socket you have too many socks on or you're swelled. Lack of total contact will cause skin irritation.
- If you feel your residual limb in the socket, you likely need a sock or you have lost suspension. If after adding a sock the issue isn't resolved you'll need to call your Prosthetist.

Teitelbaum Orthotics & Prosthetics

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