



## **Instructions for Transradial Amputees Using Supracondylar Suspension**

### **Application:**

Depending on your desired way to wear your prosthesis you will follow one of the following:

### **Skin Fit:**

- Apply talcum powder to limb or use a pull sock for ease of donning.
- Place your limb inside the prosthesis. Be sure that your limb is secured inside the socket.
- For a figure of 8 harness place your opposing arm through the harness and lift both arms letting the harness slide down your arm and onto your back.
- Position the harness so that the center ring is between your shoulder blades.

### **Supracondylar with Prosthetic Socks:**

- Apply the appropriate number of prosthetic sock ply.
  - Be sure that the socks are free of any wrinkles.
  - If at any time your prosthesis seems too loose or too tight, you will need to modify the amount of sock ply.
- Lastly, put on the prosthesis (hard outer socket).

### **Removing the Prosthesis:**

- Depending on your harness;
- Remove the prosthesis first by slightly twisting your arm and pulling gently out of the socket.

If at any time you have questions or concerns, please contact your prosthetist.



## Care Instructions for your BK Prosthesis

### Insert Care:

- **Silicone Liner** – You are required to clean your liner daily to reduce germ and residue buildup and it is recommended to rotate between liners to lengthen their life span.
  - **Daily regimen:**
    - Turn the liner inside out and wash with warm water and a mild soap. Be sure to rinse the liner thoroughly and wipe clean with a lint free cloth. Turn liner right side out and hang or lay flat to dry.
  - **Weekly regimen:**
    - Turn the liner inside out and spray with rubbing alcohol. Wipe the liner clean with a lint free cloth and hang or lay flat to dry.
- **Pelite Liner** - The pelite liner should be sprayed down weekly with alcohol and allowed to dry. This will help reduce any germ or residue buildup.

### Prosthetic Socks and Shrinker Care:

- **Prosthetic Socks** – It is recommended to apply clean prosthetic socks daily inside your prosthesis. Socks can be machine or hand washed with a mild soap and machine dried or allowed to hang dry.
- **Shrinkers** – Compression socks may be hand or machine washed with a mild soap and may be machine dried or allowed to hang dry. You will find the manufactures specific care instructions on the package.

### Prosthetic Socket:

- The inside of your prosthetic socket should be sprayed with alcohol weekly and wiped clean with a clean cloth. If at any time your socket receives any type of damage, please call your prosthetist immediately for inspection.
- If your prosthesis has a locking mechanism, be sure to keep the lock clean and free of debris which could cause a lock failure. Keep your prosthetic socks in good condition; any frayed edges around the pin hole can interfere with your lock functioning properly.

### Prosthetic Foot:

- It is recommended to remove your sock and shoe weekly to inspect the prosthetic foot for any debris that may cause excessive wear.

If at any time you have questions or concerns, please contact your prosthetist.