



Instructions for Transtibial Amputees using Supracondylar Suspension

Application:

- Remove any compression socks or protector
- Apply a clean nylon sheath
- Apply the correct amount of prosthetic sock ply needed for your limb to feel comfortable yet snug inside the prosthesis. This may vary from morning till night.
 - Be sure that the socks are free of any wrinkles.
 - Maintaining the correct amount of prosthetic sock ply throughout the day will be an important part of a successful prosthetic experience.
 - If at any time your prosthesis seems too loose or too tight, you will need to modify the amount of sock ply.
 - It is recommended that you carry an assortment of sock ply with you for changes in volume (size of your limb) throughout the day.
- Apply the pelite liner next. If you are using a pull sock, place that on your limb first threading the remaining sock through the pull hole at the bottom of the pelite liner. Continue to pull your limb into the liner while pushing up on the bottom of the liner until your limb is completely settled at the bottom. Place your finger in the hole to make sure.
- Replace the cork in your liner and reflect the remaining nylon pull sock over your liner and step into your prosthesis.
 - If at any time you loose the cork, please call your prosthetist for a new one. You will need to place something in the hole to keep constant pressure on your limb. Cotton balls or toilet paper will do in the mean time.

Removing the Prosthesis:

- When removing the prosthesis start by taking off only the outer shell. It is helpful if you put your opposing foot over the top or behind the heel of your prosthetic foot. Push down while pulling your limb up and out.
- Continue by removing the pelite liner, socks and sheath.
- Reapply compression socks or protector if needed.

Skin Maintenance:

- Be sure to check your skin frequently, more often in the first few months of wearing a new prosthesis, to be sure there are no skin issues occurring.

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