

Above Knee (AK) Prosthesis

Care and Use Instructions

PUTTING ON AND TAKING OFF PROSTHESIS

1. Always put socks and sheaths on one (1) at a time, to insure no wrinkles. The sheaths go against the skin first. If you are using cotton and wool socks, put the wool on first. When using silicone suspension, place silicone sleeve on first.
2. Next put on the insert and secure the suspension straps, belt, or wedge. When using silicon suspension, make sure pin is securely in attachment bracket.
3. To remove the prosthesis, you should be sitting before you loosen the suspension straps, belts, or wedge. When using silicone suspension, apply pressure into the socket by pushing down with your residual limb. While putting pressure into the pin, push and hold down the release button, then pull residual limb from the socket.



FUNCTION OF SOCKS

1. Act as a barrier between the skin and the prosthesis.
2. Act to absorb perspiration.
3. Act to accommodate fluctuations in limb size (less socks for swelling or weight gain) (more socks for shrinkage or weight loss).

USE OF SOCKS

1. When you feel like you are too far into the socket you may need a sock. Sometimes you may feel extra pressure on the very end of your limb, or you may feel pressure in your groin. If this occurs, you may need to add a ply of sock.
2. Should you feel the very end of your limb is too tight in the socket, the prosthesis feels long, or the prosthesis just doesn't want to stay on, you may need to decrease a ply.

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SOCK MANAGEMENT

1. Socks used for your prosthesis are often color coded according to the “ply” of the sock. A sock with a yellow band of color around the outside edge is a 3 ply sock, a sock with a green band is a 5 ply sock, and a one ply sock has no color band.
2. When changing plies of socks, change only one ply at a time. To adjust your fit, it is recommended to use 1 ply socks, not 3 or 5 ply socks. Changing more than one ply at a time, using 3 or 5 ply socks, may result in too tight of a fit. It is the total number of sock “plys,” not the number of socks that count.

NOTE: These are only suggested guidelines on how to use socks. Many factors influence the fit of a sock, such as, how old the sock is or how much it stretches when you put it on.

SKIN COLORING/ PRESSURE

1. When wearing your prosthesis, you will expect to have pressure on your limb. The pressure should be on places where you can tolerate pressure and away from areas where you can't tolerate pressure -- away from sensitive areas.
2. We want the prosthesis to fit as snugly as possible to help control swelling, and to move when you move. A loose fitting prosthesis can be a problem because it can cause friction from motion against your limb. In addition you want the prosthesis to move where you intend. A loose prosthesis requires extra leg motion to move the prosthesis and can cause functional blisters.
3. When you remove the prosthesis after walking, do expect some pinkness over the limb. (If something was in contact with your hand for any length of time, it would be pink also.) As you know, the pinkness will or should go away. If the area has darker reds and does not go away in a reasonable time (15 minutes), then you need to check the plies of socks or contact your prosthetist immediately.

NOTE: If you have any questions or problems, discontinue wearing prosthesis and call your prosthetist for assistance and appropriate follow-up.

NOTE: Weight gain or loss may possibly change the design and manufacture of the orthosis/prosthesis delivered. Please contact the practitioner if this occurs to prevent potential injury.



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