



ACT
Government
Health



CANBERRA HOSPITAL
AND HEALTH SERVICES

Putting on and removing your prosthetic leg

Rehabilitation, Aged and Community Care



Glossary

Shrinker: is a tight, elastic stocking that equally compresses all parts of the residual limb. The shrinker aids in reducing the amount of fluid or oedema in the limb and keeps the residual limb at a more consistent volume.

Sock: is made from different materials and can vary in thickness. It helps to provide cushioning and volume control of the stump when wearing the prosthetic leg.

Nylon Sock: is the outer sock that is placed on the outside of the liner. It helps the liner slide into the socket.

Silicon Sleeve: a thick silicon based liner that is placed on the outside of the prosthetic leg. It rolls onto your thigh and holds the prosthetic leg on.

Socket: the hard shell of the prosthetic leg that you stand in with the socks and liner.

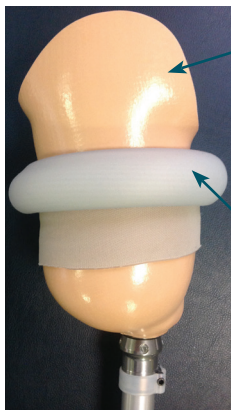
Liner: is a custom made soft insert that helps to cushion the stump and assists in putting on the prosthesis.



Liner

Sock

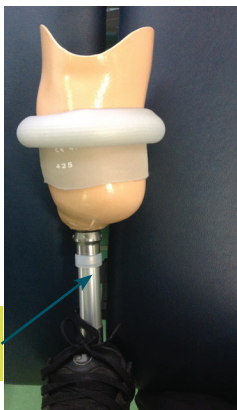
Nylon Sock



Socket

Silicon Sleeve

Prosthetic Leg



Putting on your Prosthetic Leg

Step 1

Remove your “Shrinker” and check your stump for any skin irritation thoroughly using a mirror.



Step 2

Place sock/s onto stump with the seam at the back of the leg.



Step 3

Place your stump into the “Liner” and pull up firmly onto your stump.



Step 4

Check that the bottom of your stump has made contact with the “Liner” by pressing with your fingers to feel your stump.

There should NOT be a gap between your stump and the “Liner”.



Step 5

Make sure you are sitting on the edge of the seat.

Hold the “Liner” at the knee or the nylon sock firmly while placing your stump into the prosthesis, which is upright and resting on the floor.



Step 6

Place your stump into the prosthesis by bending at your knee. Pushing down firmly into the leg.

Do not take pressure off the leg until you stand.



Step 7

Fold your socks down over the “Liner” and leg socket.



Step 8

Roll the silicon sleeve up the leg with the palm of your hands from behind your knee.



Step 9

Smooth out the silicon sleeve so there are no folds and it sits flat against your upper thigh.



Removing your prosthetic leg

Step 1

Roll the silicon sleeve down your leg with the palm of your hands from the front of your thigh.



Step 2

Unfold sock from over “Liner” to top of your thigh.



Step 3

Hold your “Liner” or nylon sock at either side of the knee and pull your stump and “Liner” out of the leg.



Step 4

Remove the “Liner” from your stump.



Step 5

Remove your sock/s from your stump.



Step 6

Check your stump for any skin irritation thoroughly using a mirror.

Apply your “Shrinker” to your stump.



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This booklet was produced on recommended best practice based on clinical practice and expert opinion in lieu of available research evidence.

