

How to put on your below knee artificial limb (prosthesis)



Information for children, their families and carers

Prosthetics



This leaflet describes how to put on (don) and take off (doff) the artificial limb.

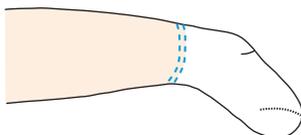
When the artificial limb is first delivered, your prosthetist will show you the correct way to put it on and take it off.

You should not put the limb on until you have been shown how to do this correctly and you are confident that you know what to do.

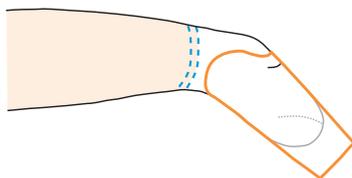
A stump sock should be worn next to the skin between the stump (residual limb) and the socket.

Stump socks come in different thicknesses depending on the material. These include terry towelling, cotton or nylon. A clean sock should be worn every day; it is important to remember that the stump may change in size and shape, which could mean that you have to add or take off socks to help the artificial limb fit more comfortably.

There is a separate leaflet called 'Stump Socks' which explains this further. Ask your prosthetist if you would like a copy.

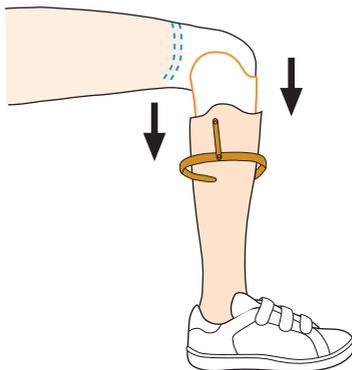


1) Pull on or roll the sock(s) onto the stump, making sure there are no wrinkles. The seam should be away from any scar.

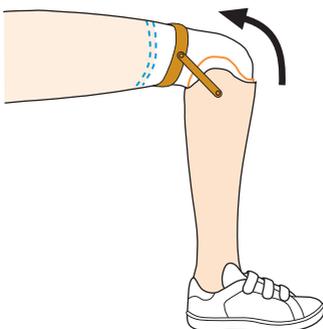


2) Push the inner socket (liner) on to the stump, making sure that the stump is fully into the liner. The small depression or 'shelf' should fit just under the kneecap (patella) as shown in the diagram above.

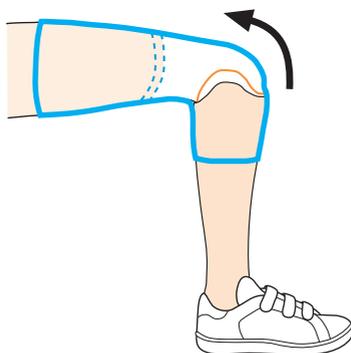
3) Pull a thin nylon sock over the top of the liner. This helps the liner slide into the hard outer socket.



4) Place your hands on either side of the knee and liner and push the liner into the outer socket. The stump should be firmly inside the socket. Make sure the inner liner lines up with the outer socket and that it is not twisted.



5) If there is a strap, pull it firmly over the knee and fasten it securely.



6) If there is a sleeve, roll it up onto the thigh so that it is in contact with the skin. If the socks are too long then fold them down before rolling the sleeve up.

7) To take the artificial limb off, unfasten the strap or roll the sleeve down. Take hold of the nylon sock with one hand and push the limb off with the other hand by pushing down on the hard outer socket.

Who should I speak to if I have any further questions?

If you have any questions on how to put on the artificial limb or if any aspect of this leaflet is unclear, please speak to your prosthetist in the first instance. Otherwise you can telephone the M&SRC for advice on **0114 271 5566** or ask the receptionist for an appointment to discuss it with your prosthetist.

Alternative formats can be available on request.

Please email: alternativeformats@sth.nhs.uk

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