

Applying an Above Knee Prosthesis - Belt Suspension

Clothing

Dress the prosthesis with underwear and clothing before you begin.
Leave trousers around the ankle.

Socks

Socks provide a close and comfortable fit in the prosthesis. The type of socks prescribed are carefully chosen by the Prosthetist.

- Sit forward on a chair or bed.
- Apply one sock at a time.
- Pull up firmly to ensure there are no wrinkles.



Socket

- Hold the prosthesis with the knee bent and the foot pointing forward.
- Slide the socket over the socks as high as possible.



Stand

- The knee must be straight or locked.
- Rotate the socket to the correct position using the foot as a guide.
- The socket should be comfortable when weight is put on the prosthesis.



Clear the Socks

- Pull the socks up firmly to remove wrinkles.
- Clear the socks by pulling them over the brim of the socket.
- Make sure all of the socks are cleared around the entire rim of the socket.



Silesian Belt System

Anterior Strap

- Pass the belt around the lower back and over the opposite hip.
- Tighten the belt firmly.
- Fasten securely to the front of the socket.



Waist Strap

- If using a waist belt, wrap it around the waist and fasten it firmly onto itself.



Pelvic Band System

- Apply and fasten the pelvic band while seated.
- Stand and re-tighten the belt. It needs to be quite firm.



- Clear the socks from the socket brim.



Any variations from the examples illustrated will be fully explained and demonstrated by the Prosthetist at the time of fitting.