

# Applying a Below Knee Prosthesis - Sleeve or Leather Cuff

## Inner Socks

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

- While seated, apply the sock(s) one at a time.
- Ensure that there are no wrinkles.
- When a combination of socks is used, the correct order is:
  - Daw Sheath (if used).
  - Thick socks (fluffy side against the skin).
  - Thin socks.



## Liner (if worn)

- Pull the liner over the socks.
- The lowest point of the front edge of the liner should line up with the centre of the knee cap.
- Firm force will be needed to get the liner into place (pulling the socks upwards may help).
- The liner should fit firmly.
- The residual limb (stump) should completely fill the liner.

*The prosthetist may show you other ways of applying the liner.*



## Outer Socks

- Apply the prescribed number of sock(s) over the liner one at a time.
- Pull the socks on firmly to make sure there are no wrinkles.



## Socket

- Bend the knee to about 45°.
- Line up the socket to ensure it will go in the correct place: The lowest point of the front edge of the socket should line up with the centre of the knee.
- Push the residual limb into the socket.
- Some downward pressure will be required to achieve a firm fit.
- Once the socket is in place there should be no more than one centimetre of the liner visible at the front.



## Sleeve Suspension

- Any excess sock length should be folded over the edge of the socket.
- The sleeve can be applied while standing, but this requires good balance.
- If the sleeve is applied while seated:
  - Sit on the edge of the chair.
  - The knee must be almost straight.
  - There should be firm downward pressure through the heel of the foot.



- Use the palms of the hands to roll the sleeve up the thigh.
- The best method is to use short movements of the hands placed high on the sleeve.
- Make sure that no wrinkles develop, particularly behind the knee.
- **DO NOT PULL** the sleeve up as this can cause severe blistering or skin irritation.



## Leather Cuff Suspension

- Before applying the socket ensure that the cuff is pulled forward and clear of the front of the socket.
- Apply the socket.
- Slide the cuff over the knee joint so that it sits above the knee cap.



- Retie the reef knot. The cords should be firm when half of the knot has been tied.
- Tying the second half of the knot locks the cord in place.
- Pass the elastic strap around the back of the knee and attach the velcro fastening.
- Avoid over-tightening, it should be firm but not tight.



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