

Summary of Stump Shrinkers

Following an amputation your stump will be swollen. You will be issued a Stump Shrinker by your Prosthetist or Physiotherapist. This encourages the swelling to reduce and shapes the limb ready for a prosthesis to be fitted.

Your stump will continue to change in size as it heals and over time you may need a smaller Stump Shrinker.

If your Stump Shrinker feels too tight, contact your Prosthetist/Physiotherapist as you may need a larger size.

If you experience any pain or pins and needles whilst wearing the Stump Shrinker remove it and contact your local limb centre.

If the silicone beads on the top edge of the Stump Shrinker irritate the skin the Stump Shrinker can be applied inside out or the top edge can be turned back on itself.

Further information

A YouTube video on Stump Shrinkers can be found on the NZALS website:

www.nzals.co.nz/resources/useful-links/

Your current Stump Shrinker size is:

Contacts

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www.nzals.co.nz/youtube

NZALS

New Zealand Artificial Limb Service
Peke Waihangā, Aotearoa



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FACT SHEET

Stump Shrinkers Below knee



Instructions for applying (Donning) a below knee Stump Shrinker

Your Prosthetist or Physiotherapist will be able to provide the correct size Stump Shrinker. You will normally be provided with two Stump Shrinkers.

It is important to wear the Stump Shrinker when not wearing your prosthetic limb, even at night. Caring for your Stump Shrinker - was your Stump Shrinker at least every other day.

Should you experience any problems applying your Stump Shrinker, please contact your Prosthetist or Physiotherapist as soon as possible.

Step 1

Gather up the Stump Shrinker and place it against the end of the stump, make sure the Stump Shrinker conforms to the end of the stump.



Step 2

Work the Stump Shrinker up the stump.



Step 3

Be sure to eliminate all wrinkles, especially at the end of the stump. Make sure the seam is away from the end of the bone.



Step 4

Properly applied, the Stump Shrinker ends above the knee, fits the end of the stump and has no wrinkles.



What to avoid

In the image below the Stump Shrinker is not pulled on enough and there is a baggy area at the end. To fix this, remove the Stump Shrinker and reapply from Step 1.

