

## Summary of Stump Shrinkers

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

The Stump Shrinker should only be worn during the day time. Gradually increase the amount of time that the Stump Shrinker is worn as instructed by the Physiotherapist or Prosthetist, ideally working towards wearing it all day.

## Washing instructions

Caring for your Stump Shrinker - we recommend washing your shrinker at least every other day, by hand or gentle machine wash using a standard mild detergent. Do not use fabric softeners, tumble dry or iron. Refer to package for full instructions.

## Further information

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

[www.nzals.co.nz/resources/useful-links/](http://www.nzals.co.nz/resources/useful-links/)

Your current Stump Shrinker size is:

## Contacts

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[www.tiny.cc/NZALS](http://www.tiny.cc/NZALS)

# NZALS

New Zealand Artificial Limb Service  
Peke Waihangā, Aotearoa



Produced with support from Limbs 4 Life Inc.

## FACT SHEET

# Stump Shrinkers Above Knee



## Instructions for applying (Donning) an above knee Stump Shrinker

The Stump Shrinker you have been given is to help reduce and control any swelling present as a result of your amputation.

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

Speak to your Physiotherapist or Prosthetist about wearing the Stump Shrinker at night, as it is not advised for many new amputees.

If your Stump Shrinker feels too tight, or if you experience pain or pins and needles remove the Stump Shrinker immediately and contact your Physiotherapist or Prosthetist.

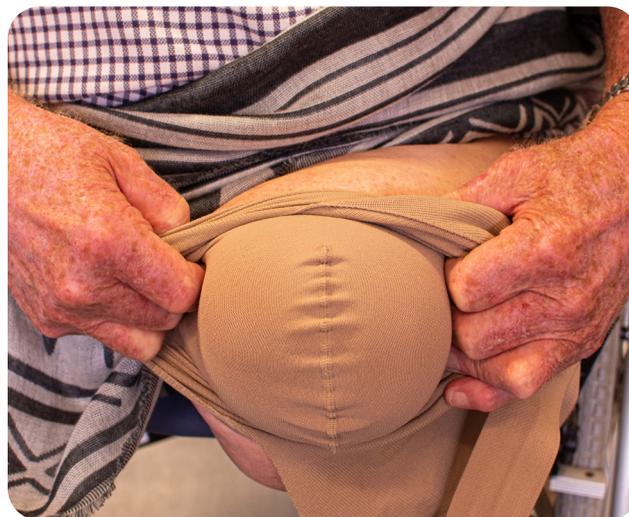
### Step 1

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. The open end must reach the groin.



### Step 4

Properly applied, the Stump Shrinker ends high in the groin, fits the end of the stump and has no wrinkles. Wrap the belt around the waist and fasten with the velcro.



### 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.

