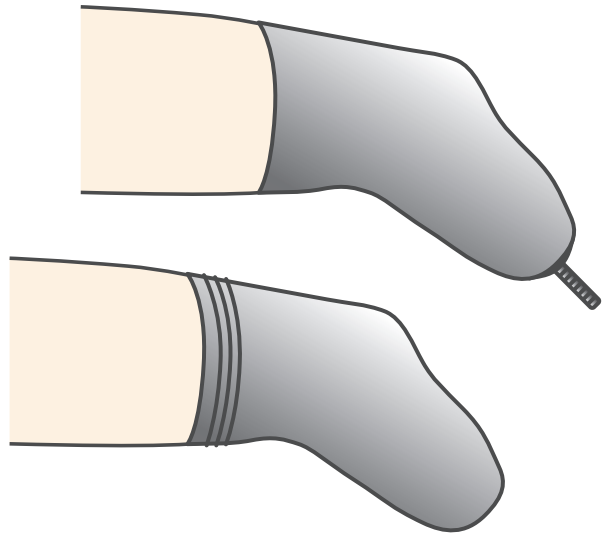


# How to don a BK prosthesis with pin or seal-in liner suspension



**Opcare**

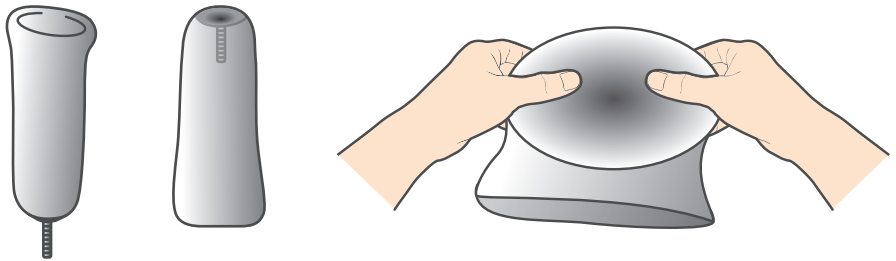
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## How to don a BK prosthesis with pin or seal-in liner suspension

When you receive your first artificial limb (prosthesis), your prosthetist will show you the correct way to put it on and take it off. You should not put the limb on until this has been demonstrated and you are confident that you know what to do.

1. Turn your liner inside out as in the picture below. Check that the inside of the liner is completely clean and free of debris – wipe with a damp cloth or baby wipe then dry naturally or with a towel if needed.

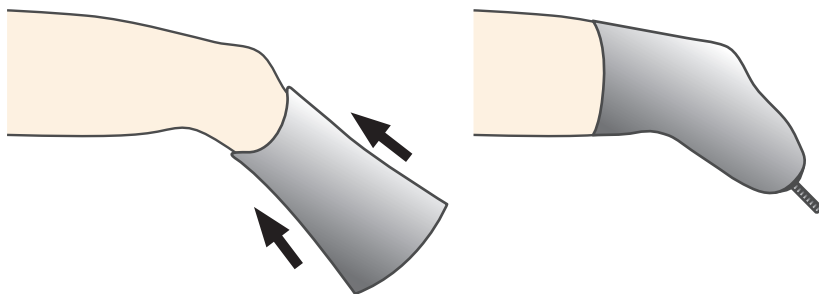


2. Place the inverted liner against the bottom (distal end) of your residual limb. It is very important to correctly position this – usually centrally – to avoid problems when using your prosthesis. The liner should fully touch the distal end of your residual limb with no pockets of air between the liner and your skin. Once positioned, use the palms of your hands to unroll the liner back over itself and on to your residual limb. It should be at least long enough to cover your knee.

Things to avoid:

- **Air pockets.** If pockets of air are trapped inside the liner it can cause a pulling sensation on your skin and cause a bruise to appear when walking. If put on incorrectly, the liner may also feel baggy and loose and not hold the prosthesis in place securely – leading to potential rubbing, poor fit and problems with the prosthesis staying on correctly. You can check that the liner is on properly by pushing the bottom of the liner against your residual limb. The liner should be removed and the process repeated if you have any concerns before trying to put on your prosthesis.

- **Wrong pin position.** Once on, it is important to feel with your hand and check the angle of the pin. If the pin is not straight then the liner should be removed and repositioned.
- **Speed.** If using a liner with a pin, it is important to pull the liner on carefully to avoid the pin catching and tearing the liner. Pulling the liner too hard can also cause the material to stretch and potentially tear or wear prematurely.



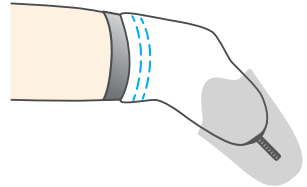
3. Some people using pin liners require a stump sock to achieve the best socket fit. If the socket feels loose over just the liner, then a sock of appropriate thickness should be applied at this stage. Socks come in different thicknesses – terry towelling (thick) and cotton (thin) – and the thickness or number that you may need can vary. Your prosthetist will explain to you how to tell when to add/remove a sock so as to ensure you always have the optimal fit.

As a general rule, if your socket feels loose over your liner then try adding a thin cotton sock. If this still feels loose then try a thick terry sock. Multiple socks may be used together if a socket continues to feel loose. A simple way of telling if your socket is too loose or too tight is by how easy it is to put on.

Socket feeling	Problem	Solution
Residual limb goes into socket too easily/quickly	Socket too loose	Add sock
You feel pressure on the bone at the end of your leg	Socket too loose	Add sock
Residual limb can't go fully down into socket	Socket too tight	Remove sock
Socket feels too tight/hard to put on	Socket too tight	Remove sock

If required, pull a stump sock over the top of the liner. Make sure that the sock is pulled on fully and will not interfere with the pin. Socks should be checked for any loose threads around the hole at the bottom before you put them on. Loose threads can get caught in the lock mechanism and jam it. Clean socks should be used each day and can be washed in your regular cotton wash.

4. Gently push your residual limb into the socket.



**Pin liners:** The pin should hit the centre of the lock mechanism and make an audible 'click' once engaged (unless using a silent smooth pin system). You should not stand up until you are sure that the lock is at least engaged as there is a risk of the prosthesis falling away. You may need to push down on your knee with your hands or stand up once you have had at least one 'click' to fully engage the pin in the lock.

When you start walking, it is likely that you will sink further into the socket and hear more 'clicks' as the pin moves further into the lock. This is to be expected and is not cause for alarm.

**Seal-in liners:** As you push into the socket you should hear an audible 'hissing' noise as air is forced out of the one way valve. Before standing, it is recommended that you use your hands to push down on your knee and engage in the socket as far as possible.

Lifting your leg from the ground and pushing down again can help to ensure the prosthesis is attached before standing up. A few steps – either in a controlled environment or on the spot whilst balanced – should force out the last of the air and allow you to move fully into the socket.