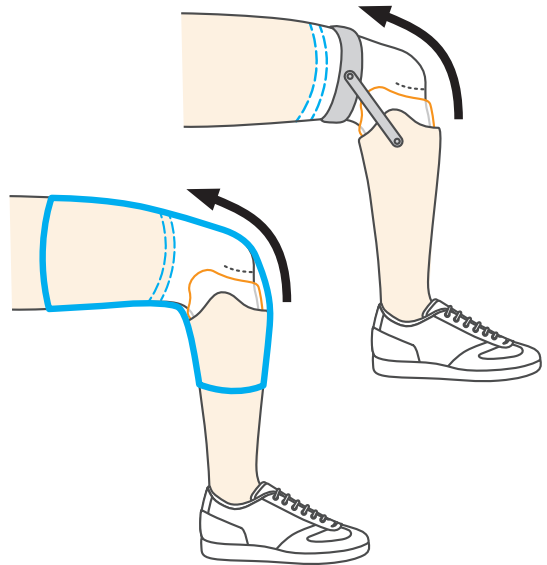


How to don a BK prosthesis with sleeve or cuff strap suspension



Opcare

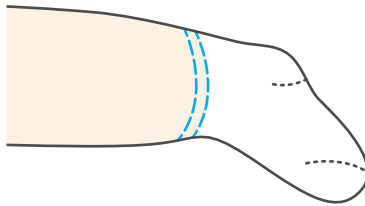
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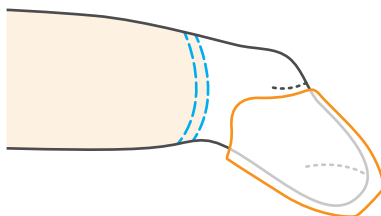
How to don a BK prosthesis with sleeve or cuff strap suspension

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.

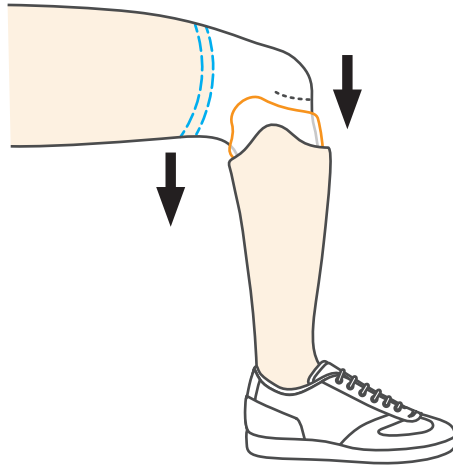
You should always wear your prosthesis with at least one stump sock. Stump socks are worn directly against your skin, and are available in a variety of different thickness and materials, including cotton, terry towelling, gel or nylon. Your prosthetist will advise on the correct sock to wear and how to use them. For example, if your stump gets smaller, you can wear extra socks to make sure your socket fits comfortably. If you find you have to put on four or five socks, you should contact your prosthetist.



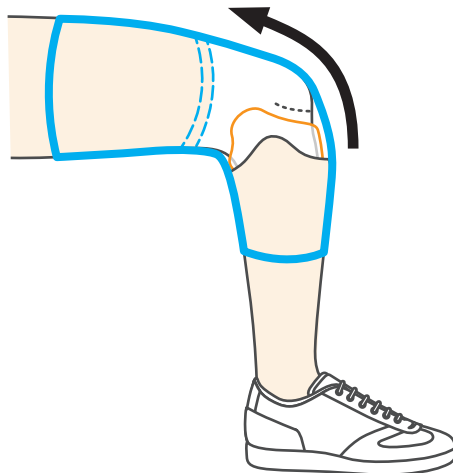
1. Pull or roll the sock(s) onto your residual limb, making sure there are no creases. The seam should ideally be away from any scars.
2. If you have one, push the inner socket (liner/pelite) onto the stump, making sure that the stump is fully into the liner. This liner is usually pink or white in colour and is generally a soft, dense foam. The small depression in the front of this should fit just under your kneecap with the raised wings coming up either side of your knee.



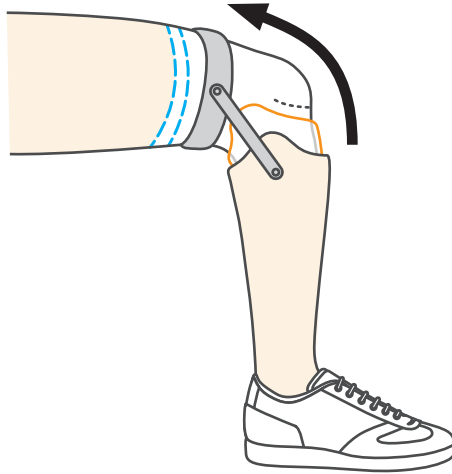
3. Place your hands on either side of your knee and liner and push into the hard outer socket. The stump and inner liner should be firmly inside the hard socket. Make sure the liner lines up with the outer socket and that it is not twisted.



4. If you use a sleeve to hold your prosthesis on, roll it up onto the thigh so that it is in contact with the skin above the socks. You may need to fold your socks down slightly before rolling the sleeve up. The more contact with skin you can achieve, the more secure the prosthesis is likely to be. This is often easier to do when your knee is straight and you have some pressure on your heel – this avoids your residual limb pulling out of the socket whilst pulling the sleeve up.



5. If you use a cuff strap to hold your prosthesis on, pull it firmly over the knee so that it sits above your knee cap at the front. Pull the longer strap behind your knee and fasten it securely either by pulling tightly into the buckle or overlapping the Velcro® (different straps use different attachments). The strap should feel tight over fingers if you try and pull it up and away from your thigh.



6. To take your prosthesis off, firstly make sure you are seated on a stable surface and feel well balanced. You should feel balanced before you roll the sleeve down or unfasten the strap. Roll down the suspension sleeve/unfasten the cuff strap. Push the limb off by placing both hands on either side of your knee and pushing the hard socket away from yourself. It is sensible to do this somewhere where the prosthesis can be stored and accessed easily for the next time you need to put it on.