

How to don an AK prosthesis



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How to don an AK prosthesis

There are a few different ways that your above knee prosthesis can be held on. We call the different methods suspension systems. Which system you use can depend on a variety of factors, including: sensitive areas, volume changes, preference and upper limb dexterity. This leaflet gives a brief description of how to safely put on a prosthesis using a waist belt suspension, as this is the most commonly used method for new users.

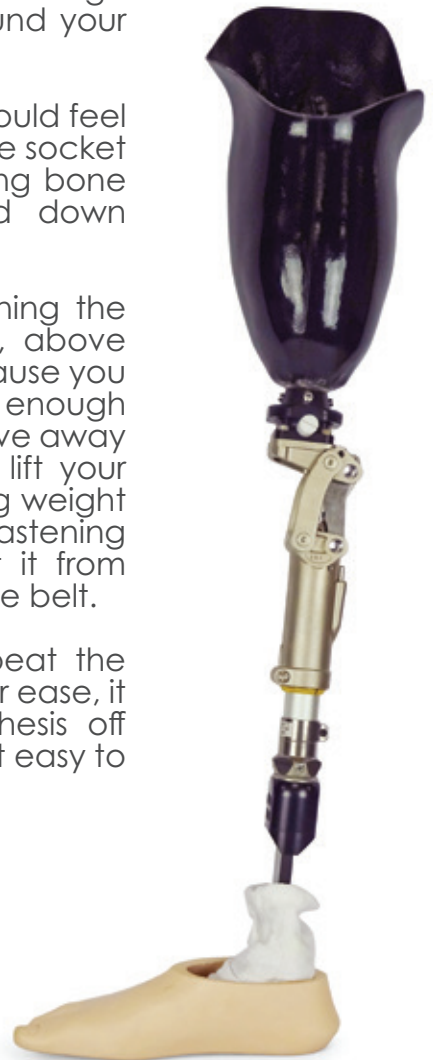
1. Pull your stump socks onto your residual limb one at a time. Make sure there are no wrinkles. Your prosthetist will have advised you on the thickness and number of socks to use to achieve the best fit for you. This thickness and number can change if your residual limb changes in volume. It is important to use the correct socks for you to achieve the best fit and greatest comfort.

Cotton socks are thin, and are the minimum requirement between the hard socket and your skin when using a waist belt. Terry towelling socks are thicker and can be used if your socket is feeling loose over a regular thin cotton sock. Please note that multiple socks may be used together in order to tighten the socket fit when the volume of your residual limb has reduced before trying to put on your prosthesis.



2. Put the prosthesis through your underwear and trouser leg and position beneath your residual limb with the toe pointing forwards. The waist belt should be free of any clothing so that it may be easily reached and fastened when you come to putting it on.

3. After ensuring the prosthetic knee is straight (or locked if it has a locking knee unit), stand up with a chair or wall behind you for balance.
4. Orientate your prosthesis so that the inside edge is pointing straight in front of you and the toe is either pointing straight ahead or turned slightly outwards. Place your residual limb into the socket and push your weight down through the prosthesis. Try to avoid twisting the socket into place, as this can wrinkle up your socks and change the position of the socket around your residual limb.
5. Once fully in the socket, you should feel the small shelf at the back of the socket pushing upwards into your sitting bone when your weight is pushed down through the prosthesis.
6. Secure the leg firmly by fastening the belt tightly around your waist, above your hips. The belt should not cause you discomfort, but should be tight enough that the prosthesis does not move away from you or rotate when you lift your residual limb and walk. Keeping weight down on the prosthesis whilst fastening the belt can help to prevent it from rotating round when you pull the belt.
7. To take the prosthesis off, repeat the above steps in reverse order. For ease, it is sensible to take your prosthesis off near somewhere that you find it easy to put it back on again.



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