

- 6) If you have a sleeve, roll it up onto your thigh so that it is in contact with your skin. If your socks are too long then fold them down before rolling the sleeve up.
- 7) To take your artificial limb off, unfasten the strap or roll the sleeve down. Take hold of the nylon sock with one hand and push the limb off with the other hand by pushing down on the hard outer socket.

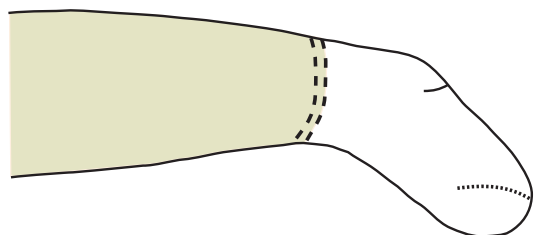
If you have any questions on how to wear your artificial limb or if any aspect of this leaflet is unclear, please speak to your physiotherapist in the first instance.

How to Put On Your Artificial Limb (Prosthesis)



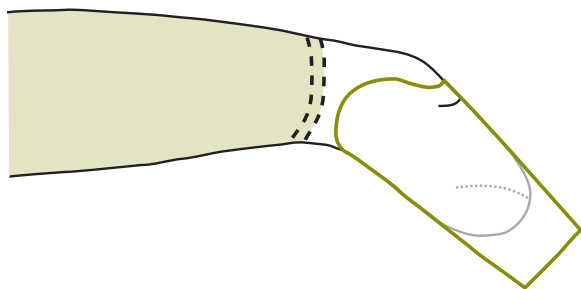
This leaflet describes how to put on (don) and take off (doff) your artificial limb. When you first take delivery of your artificial limb, your prosthetist and physiotherapist will show you the correct way to put it on and take it off. You should not put the limb on until you have been shown how to do this correctly and you are confident that you know what to do.

A stump sock should be worn next to the skin between your stump (residual limb) and the socket. Stump socks come in different thicknesses depending on the material. These include wool, terry towelling, cotton or nylon. Use a clean sock every day and remember that your stump may change in size and shape, which could mean that you have to add or take off socks to help the artificial limb fit more comfortably.



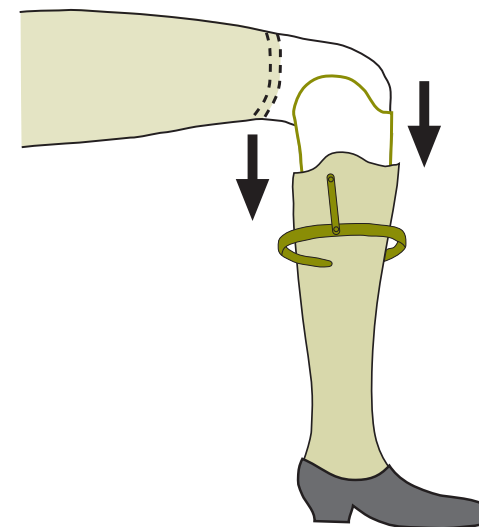
There is a separate leaflet called “Stump Socks” which explains this further. If you would like a copy, ask your prosthetist.

- 1)** Pull on or roll your sock(s) onto your stump making sure there are no wrinkles. The seam should be away from your scar.

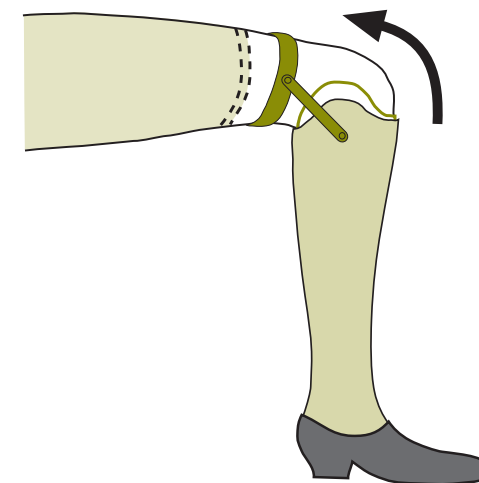


- 2)** Push the inner socket (liner) onto your stump making sure that your stump is fully into the liner. The small depression or “shelf” should fit just under your kneecap (patella) as shown in the diagram above.

- 3)** Pull a thin nylon sock over the top of the liner. This helps the liner slide into the hard outer socket.



- 4)** Place your hands on either side of your knee and liner and push the liner into the outer socket. Your stump should feel firm inside the socket. Make sure when you push in that the inner lines up with the outer socket and that it is not twisted.



- 5)** If you have a strap, pull it firmly over your knee and fasten it securely.