

## Managing and Troubleshooting Prosthetic Fit

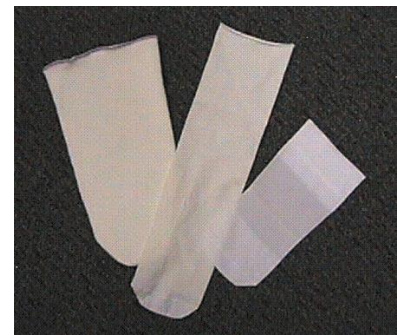
Once you have been fit with your first preparatory prosthesis, it is very important to make sure that the fit feels right every time you put it on. Walking on a prosthesis with an uncomfortable fit can cause skin breakdown within minutes, and this damage could take weeks or months to heal.



Remember: **you** are responsible for making sure that your prosthesis has been put on properly and that it fits well before walking on it. If something doesn't feel quite right, try taking everything off and starting again.

Amputees have special tools at their disposal to adjust their socket fit. Prosthetic socks are used to adjust fit as the shape and size of your limb changes. There are three types of socks:

- Sheaths – thin nylon socks used to help reduce friction so you can slide your limb into your prosthesis more easily.
- Single Ply Socks – the thinnest sock; this sock describes a “*single ply*”
- Multiple Ply Socks – these socks have the thickness of either 2, 3, 4, or 5 *one ply socks*. For example, wearing a two-ply sock is just like wearing two one-ply socks.



Once you are regularly wearing your prosthesis, you may find that your residual limb will shrink throughout the day, causing your prosthesis to feel loose and uncomfortable. The only way for you to improve the fit again is by adding a sock, one ply at a time. Try adding or removing socks until the discomfort goes away. Often, an uncomfortable socket can be improved by wearing enough prosthetic socks. If you are not able to achieve a comfortable fit by changing sock ply, contact your Prosthetist.

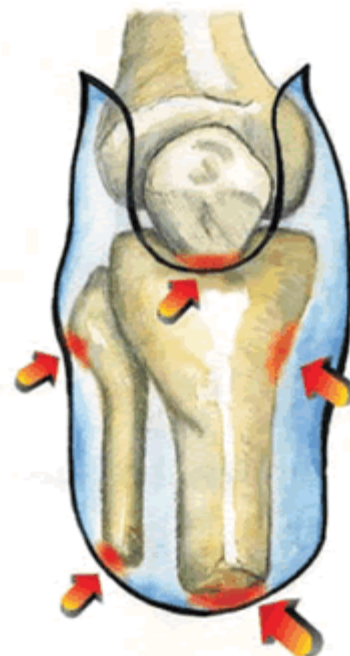
### Prosthetic Sock Tips



- Only use socks that are clean and dry. Dirty socks harbour bacteria that can cause skin breakdown.
- Apply socks carefully to avoid wrinkles. Double check that there are no wrinkles behind the knee.
- Use multiple ply socks to reduce the number of one-ply socks you have to apply (for example, apply two 5-ply socks instead of ten 1-ply socks).
- Machine-wash socks with mild soap and warm water. Air-dry to avoid shrinking.

## Troubleshooting Tips

Problem	Try This:
Pressure on the bottom front-end of your bone?	<ul style="list-style-type: none"> <li>• Adding a one or two ply sock</li> <li>• Did you recently change shoes? Try a shoe with a lower heel</li> </ul>
Pressure on the bottom of your knee cap?	<ul style="list-style-type: none"> <li>• Adding a one or two ply sock</li> <li>• Did you recently change shoes? Try a shoe with a higher heel</li> </ul>
Feel like you're walking downhill?	<ul style="list-style-type: none"> <li>• Did you recently change shoes? Try a shoe with a lower heel</li> </ul>
Pain on the bottom-back of your calf?	<ul style="list-style-type: none"> <li>• Try adding a one or two ply sock</li> </ul>
Feel like you're walking up a hill?	<ul style="list-style-type: none"> <li>• Did you recently change shoes? Try a shoe with a higher heel</li> </ul>
Pressure on the sides of the knee?	<ul style="list-style-type: none"> <li>• Try removing one or two sock ply. You may need to have a pad added to the inside of the socket.</li> </ul>



Remember, the most common socket-fitting problems can be resolved by adding or removing socks. Vary your sock ply until the prosthesis feels better. If this does not fix the problem, contact your Prosthetist.



### Cautions

- Avoid quick fix remedies to your socket-fitting problems. **Never** trim your own liner or put tissue in the bottom of your socket unless directed by your Prosthetist.
- **Never** cut, grind or otherwise modify your prosthesis in any way. This will void warranties unless modifications are done by a qualified Prosthetist.
- **Never** attempt to make alignment changes to your prosthesis by adjusting the allen screws. If done improperly this can result in unstable walking alignment and possible component failure.
- If you have socket fitting problems that cannot be fixed with the suggestions in the chart above, contact your Prosthetist immediately.