

Schedule for Wearing Your New Prosthesis

DAYS	NUMBER OF HOURS	NUMBER OF TIMES PER DAY	NUMBER OF SKIN CHECKS
1	1 hour	3	3
2	1 ¼ hours	3	3
3	1 ½ hours	3	3
4	1 ¾ hours	3	3
5	2 hours	3	2
6	2 ¼ hours	3	2
7	2 ½ hours	3	2
8	2 ¾ hours	3	2
9	3 hours	2-3	2
10	3 ¼ hours	2-3	2
11	3 ½ hours	2-3	2
12	3 ¾ hours	2-3	2
13	4 hours	3	2

- Continue a gradual increase in the amount of time the prosthesis is worn until you are able to wear it the entire day or as much of the day as you wish.
- Begin your training with standing and light weight-bearing unless directed differently by your physical therapist or prosthetist.
- Always check your skin for areas of redness after each wearing period. If a red area develops on the skin at any time during this suggested wearing schedule, discontinue wearing the prosthesis, keep the extremity wrapped or wear the shrinker sock and call your prosthetist, physician, or therapist as soon as possible.
- Be sure to adjust prosthetic socks according to volume changes in your limb.
- Exercise caution when using the temporary check socket, as the materials are not meant for permanent use.
- Please call your prosthetist with any questions or concerns.