

## **Instructions for Transtibial Amputees With Supracondylar Suspension**

### **Night Protocol**

Wear your protector at night and any time you are not wearing your prosthesis. To don your protector, follow the order of application listed:

1. Lamb's wool over your knee cap to the end of your leg.
2. Nylon Sheath.
3. Two Compression socks (long one first).
4. Put on spacing socks.
5. Protector (hard outer shell; "F" should be on the front). This should be a snug fit. If it feels loose, add more spacing socks.
6. Pull elastic stocking onto your thigh.

### **Day Protocol**

1. Nylon sheath.
2. \_\_\_\_\_ ply of prosthetic sock(s). This may vary depending on the volume of your limb. Be certain that your socks are completely free of wrinkles before proceeding to the next step.
3. Foam (Pelite) liner.
4. Put on the prosthesis.

\*When removing the prosthesis from your body, remove only the hard outer shell. Once the shell is off, remove the foam liner. This will prevent excessive pressure on your knee.

For any questions regarding the fit or care of your prosthesis, please contact your prosthetist.