

Instructions for Transtibial Amputees With Silicone Liner and Locking Mechanism

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 below:

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

To don your prosthesis, follow the order of application listed below:

1. Silicone Liner
 - a. Roll the silicone liner completely inside out.
 - b. Place the inside surface of the liner flat against the end of the residual limb. There should be no space between the end of the limb and the inside of the liner.
 - c. Roll the liner onto the residual limb. **DO NOT** pull on the silicone liner. (Tension on the liner next to the skin could result in irritation and blisters.)

The liner has been trimmed in a wavy pattern. This should help reduce the tension of the liner next to the patient's skin.

Do not cut the liner without contacting the patient's physician or prosthetist.

2. _____ ply of prosthetic sock(s). This may vary depending on the volume of your limb. Be certain that the pin remains completely exposed. If one of your socks is covering the pin, it may cause the lock to become stuck.
3. Foam (Pelite) liner
4. Put on the prosthesis.

*When removing the prosthesis from your body, remove only the hard outer shell. To do this, depress the lock button on the outside of the prosthesis and pull your limb out of the hard shell. If you are unable to depress the button, try standing while depressing the button. Once the shell is off, remove the foam liner, socks, and silicone liner.

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