

SOCK / VOLUME MANAGEMENT (Above-Knee Amputation)

**IMPROPER UTILIZATION OF SOCKS IS THE
#1 CAUSE OF AN UNCOMFORTABLE PROSTHESIS**



WHY... DO I NEED TO USE SOCKS?

Your prosthesis is rigid and remains a static/constant size, whereas your limb swells and shrinks (especially if your amputation was within the last year). In a matter of hours, your limb can change significantly in size and cause your prosthesis to fit differently. Socks can resolve the majority of your fitting issues.

WHEN... DO I NEED TO USE SOCKS?

When ANY of the following is TRUE:

- ✓ "My socket is tight in the morning, but by the end of the day it's very loose."
- ✓ Experiencing pain or discomfort in your limb in any of these areas (or others, as well):
 - At the very BOTTOM of your limb, where the bone ends
 - Where the top of the prosthesis ends and comes into contact with your body:
 - In your groin area
 - In the ischial (buttocks) region
- ✓ When you feel your limb moving (up/down/left/right or twisting) inside the Prosthesis
- ✓ When you feel unstable while standing/walking

HOW... DO I USE SOCKS?

Your prosthetic socks are made in different thicknesses (or "Plys"), e.g., 1, 3, 5. The best way to resolve fitting issues is to add 1-ply sock at a time. You might think the socket is already very snug and tight, but you will be surprised to find the most comfortable fit is a VERY snug one. That's because pressures & forces in the socket are better spread out, which means Comfort goes UP!

Socks typically have a colored band at the top or bottom to distinguish the different thickness. It is recommended to try adding more socks until you have either:

- (A) Resolved any discomfort
- (B) Concluded that you have put on too many socks.

You know you've reached this point when either:

- ✓ Your leg doesn't go all the way into the prosthesis
- ✓ You worsen the initial discomfort, it is painfully tight, or you suddenly have created a new type of discomfort in a different location
- ✓ You feel unstable while walking

IMPORTANT: If you are unable to resolve pain/discomfort by utilizing socks, or you feel something is not correct, contact your prosthetist immediately