

## **Prosthetic Sock Management**

Prosthetic socks are used to adjust to daily volume changes. Diet, activity, weather changes, and health changes can affect your fit on a daily basis. Because we are putting soft tissue into a rigid frame, proper sock management is extremely important for your daily comfort and proper fit. Below are some guidelines to for proper sock management:

1. Generally, you will be given a combination of socks. A typical combination is 1 ply, 3 ply, and 5 ply. Socks are donned over any gel liner you may be wearing or directly onto the limb if you are not using a liner.
2. Add/remove socks 1 ply at a time
3. When you have added at least 3 ply of sock, it is often more comfortable to use a single 3 ply sock instead of 3-1 ply socks.
4. When wearing more than 3 play of sock, generally use the heaviest ply first

### ***Below Knee or Symes Prosthetic Wearers – when to add/remove socks***

- If you are feeling pressure at the knee-cap, or the prosthesis feels too tight at the bottom with not as much pressure at the top, ADD a sock. You are looking for even pressure throughout the socket.
- If you have a pin system and are unable to click into the prosthesis, FIRST check the pin alignment. If the pin alignment is correct, then REMOVE a sock.
- Never go out with the prosthesis if the shuttle lock is not engaged.
- If you cannot get the prosthesis on, even without a sock, do not force it. Elevate your limb above your heart, use your shrinker, take note of any diet and/or activity changes from the days prior, and try again in 15 minutes.
- If you still are unable to don the prosthesis and/or adjust the fit for comfort with socks, please call the office for advice and an appointment.

### ***Above Knee Prosthetic Wearers – when to add/remove socks***

- If your lanyard is in the appropriate position, you feel your weight on your ischium, however, you are starting to feel like you are in too deep, ADD a sock.
- If your socket is very easy to pull into and you find that it is rotating more than usual, ADD a sock.
- If you are wearing a sock, your lanyard is not able to reach its normal position, and you feel like you are loosing control of the prosthesis and/or you do not feel weight on your ischium, REMOVE a sock.
- If you are unable to feel weight on the ischium, however you are feeling extra pressure in the groin area and you feel a loss of control of your prosthesis, REMOVE a sock.
- If you still are unable to don the prosthesis and/or adjust the fit for comfort with socks, please call the office for advice and an appointment.

### ***Upper Limb Prosthetic Wearers***

- If the socket is rotating easily, ADD a sock
- If you are unable to don the socket and you are wearing a sock, REMOVE a sock
- If you are carrying extra loads and get more pressure than usual, as long as you are able to don correctly, ADD a sock.
- If you still are unable to don the prosthesis and/or adjust the fit for comfort with socks, please call the office for advice and an appointment.