



Instructions for Above Knee Amputees with a Lanyard Strap System

Application:

Remove compression socks if worn over night. Roll the silicone liner inside out and flatten the end before placing it on your limb. There should be no gapping between the liner and your limb. Place the liner in the correct position (lowest point of the cut end of the liner near the groin) and continue to roll the liner onto your limb. If you have a lanyard strap, reflect the strap on itself, this helps if you need to add prosthetic socks over your liner.

The liner should be rolled completely onto the limb and never pulled onto the limb. Tension on the skin may cause skin irritation or blisters. Rolling the top 1/3 of the liner up and down a couple times will help reduce the tension. Once the liner is in place continue to add the appropriate amount of prosthetic sock ply.

- Be sure that the socks are free of any wrinkles
- Maintaining the correct amount of prosthetic sock ply throughout the day will be an important part of a successful prosthetic experience.
- If at any time your prosthesis seems too loose or too tight, you will need to modify the amount of sock ply.
- It is recommended that you carry an assortment of sock ply with you for changes in volume (size of your limb) throughout the day.
- If you have a lanyard strap, thread the strap through the hole at the bottom of your socket. Pull yourself into the prosthesis by the strap. Pull the strap through the loop and reflect it on itself, once your limb is seated at the bottom of the prosthesis, adjust the straps tightness by pressing down with your limb and pulling on the strap for best fit.

Removing the Prosthesis:

Loosen lanyard strap and remove limb from socket. Remove any prosthetic socks and then roll your liner off of your limb. Apply prosthetic shrinker if necessary.

If at any time you have questions or concerns, please contact your prosthetist.