

PROSTHETIC SOCK MANAGEMENT GUIDE

It is completely normal for the volume of your limb to change throughout the day due to:

- post operative swelling
- muscle atrophy
- changes in weight
- temporary reduction or increase of fluids in the limb

When this happens your socket may not fit properly.

Adjusting the thickness of your prosthetic socks will eliminate fitting problems and discomfort.



Your prosthetist will supply you with a variety of sock plys ranging from a ½ to 5 ply sock. When your limb shrinks or increases in size the socket will no longer fit as snug as it should. The best way to deal with this day to day shrinkage or an increase in volume is to adjust the thickness of the ply of the sock:

When limb shrinks:

Switch to a thicker sock (i.e. from a 3 to a 5 ply) or add another 1 or 2 ply sock over the existing sock.

When limb increases volume:

Decrease sock thickness.



Pull sock on snugly and make sure there are no wrinkles in the sock

If a pin is being used, make sure it is fully thru the hole in the sock—so that the sock is not pushed into the lock



When adding and removing socks does not improve the fit and comfort of your prosthesis, you should contact your prosthetist.



NELSON PROSTHETIC & ORTHOTIC LABORATORY

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