

HOME CARE INSTRUCTIONS FOR PROSTHETICS

Exercises: Do exercises taught by physical therapist or prosthetist 3 or 4 times daily. This will prevent contractures and increase tone. Exercises may be walking, stretching, isometrics, etc.

Ace wrapping or stump shrinker: Will reduce swelling while not wearing limb. Figure 8 wrap after instruction by physical therapist or prosthetist, or use stump shrinker pulled up snugly.

1. Wrap while not wearing leg, gait training, re-wrapping 3 or 4 times daily.
2. Generally, stop wrapping when wearing limb full time or when there is no swelling.

Instructions for problems:

Redness at distal end of stump.

Possible cause:

1. Too much pressure at distal end of stump.
2. Going too deep into socket.
3. Wrinkle in stump socks.
4. Incorrect ply of socks.

Possible solution:

1. Add or remove plies of socks.
2. Make sure socks are free of wrinkles (pull them on tight).
3. Call your prosthetist.

Stump shrinkage:

Possible cause:

1. Shrinkage is normal.

Possible solution:

1. Add more stump socks, by plies. If this does not work, call your prosthetist.

Purple discoloration at end of stump:

Possible cause:

1. Not enough pressure at distal end of residual limb (stump).

Possible solution:

1. Not in the leg all the way; remove ply of socks.
2. Add pressure at distal end with a pad, lambswool or other soft material. See your prosthetist – a distal pad may need to be added.

Swelling:

Possible cause:

1. Soaking in hot bath or shower water.
2. A medical problem such as increased salt intake or poor circulation.
3. Letting stump hang down without a shrinker.

Possible solution:

1. Take off plies of socks.
2. Wrap with figure 8 wrap or use a stump shrinker.
3. See your prosthetist.

CARE CRAFTERS
PROSTHETICS & ORTHOTICS, INC.

CALL YOUR PROSTHETIST (Ted Drygas at 845-426-6900):

1. If for some reason you cannot get your limb on.
2. If in pain while wearing limb.
3. For any unusual redness, swelling, discoloration, lumps, soreness.
4. For any skin breakdown, blister – clean with soap and water and call your prosthetist or doctor.
5. If you have any questions.