

DONNING

above knee prosthesis



Always check your skin prior to donning your prosthesis for any redness or irritation. If you cannot see the end of your limb, use a hand-held mirror or ask for assistance.

1. If you are wearing a liner, follow these instructions prior to donning your prosthesis.
 - a. Roll your liner onto your limb.
 - i. Turn your liner inside out so the gel is on the outside.
 - ii. Grasp the liner with both hands at the end where a cup has formed from being inverted. Make sure the shorter side of the liner is on the inside of the leg.
 - iii. Squeeze the cup so it flattens out, center it on your limb, and place it against the end of your residual limb. Make sure there is no air trapped in the end of the liner.
 - iv. Using both hands, roll the liner up your limb until completely smooth. Avoid pulling on the liner, as that can create friction and irritate the skin. Use caution not to dig your finger nails into the gel; any small perforations will cause the liner to tear more easily.
 - v. If you have a lanyard (strap suspension) system, the leather portion of the strap should be facing up towards you.
 - b. Add socks over the liner for comfort and security.
 - i. Add socks one at a time, making sure no wrinkles occur. The order of the socks does not matter, but you should reach the desired total ply (10-15 ply max).
 - ii. If you have a lanyard system, place the strap through the hole in the sock, and pull the sock onto your limb.

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2. Place the strap into your prosthesis under the silver ring, and push it to the outside of your prosthesis through the hole.
3. Grasp the strap from the outside and pull straight up, pulling your limb into the prosthesis.
4. Place the strap under and through the loop on the top front of your prosthesis, and secure the Velcro strap to itself (you may need to stand or move to the edge of the chair/bed to enable fully seating into the prosthesis). At this point, you can pull straight out on the strap, and tighten it on the top loop, securing your limb into the prosthesis.
5. Make sure there are no wrinkles in any socks, and that the socks are reflected over the top edge of your prosthesis. Your Ischial tuberosity (butt bone) should be resting on the back of the socket.
6. If your prosthesis has a manual lock, the handle should be on the upper outside of the socket.
 - a. Most of the time you will need to sit down with a stiff knee and then extend (put the heel of your prosthesis, or push the prosthetic knee/socket backwards to take pressure off the lock), while you pull the handle up to release.
 - b. Next time you stand the knee will automatically lock when you extend your prosthetic knee into full extension (pull back on knee).

**ANYTIME THERE IS SEVERE DISCOMFORT,
OR ANY OTHER SITUATION THAT DOES NOT SEEM RIGHT,
CALL ELIZUR AT 1-844-628-8813.**