

# SOCKS

## *use and care*



Managing socks properly will allow you to adjust the fit, function, and comfort of the prosthesis throughout the day.

Regardless if this is your first prosthesis, or you are a long-term wearer, your residual limb will continue to reduce in volume throughout your lifetime. New amputees typically realize a great loss of volume in the first year of prosthesis use. After the first year, the limb will typically stabilize and the number of socks needed to maintain a proper fit will be greatly reduced. **At any stage, once you need to wear between 10 and 15 ply of socks, it is time to change the socket.** In a new amputee, this can take place as many as 2 to 3 times in the first year. Wearing too many socks can cause the limb to be unstable and/or rotate in the socket. Wearing too many socks will also cause the prosthesis to be too long.

Socks come in a variety of thicknesses and styles. A pin lock system uses a sock with a hole in the end to accommodate the pin, whereas a suction system has no hole. In regards to thickness, one, three, and five ply socks are typically issued with every prosthesis, and you will most likely need to use each of these thicknesses at one time or another. The following instructions will assist in maintaining a proper fit throughout the life of your prosthetic use.

### DONNING

1. When you don the prosthesis and are full weight bearing, there should be no excessive pressure or pain anywhere on your residual limb. If there is pain or pressure present, then it is time to either add or remove a sock.
2. After donning and wearing your prosthesis for even a short amount of time, you may need to add socks to accommodate shrinkage. Start adding 1 ply at a time until the prosthesis is comfortable.
3. As with anything new, adjusting your socket daily to the proper fit will take time and patience. Your optimal comfort and function are always the goal. If you add or remove a sock and the discomfort level is no better, do something different. If you are unable to reach a reasonable level of comfort, contact your prosthetist.

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

Review/Updated 2/19