

Locking Below Knee Prosthesis Instructions

APPLYING:

1. Turn the liner inside-out and roll on with base of palms making sure no air is trapped inside

2. Make sure the pin is centered on the bottom of your residual limb (front & side views)

3. Add socks with holes over the liner if required. When adding socks, **make sure they are pulled up and that no fabric rests on on the pin**

4. Put residual limb in socket with the pin directed at the hole in the bottom

5. Rest heel of prosthesis on the floor with the knee flexed at about 45 degrees

6. With palms of hands resting on knee, mildly push until the pin “clicks”

7. If the pin won’t engage, pull the heel back a few inches (knee should be flexed less than 90 degrees) and press with both palms on the knee again. Keep alternating these 2 positions until the pin engages

8. Ideal situation: get 1-2 clicks sitting down; stand up to get clicks 3 and 4, and walk to get any remaining

9. There should be mild resistance to achieving the clicks sitting, standing, and walking. If al clicks happen easily sitting down, then the socket is loose. Remove prosthesis and add socks and start again

10. **Check sock fit throughout the day**. Usually as the day progresses, volume is lost and socks need to be added. Be sure not to add too many as well as not enough, there is a limit either way.

REMOVING:

1. Press and hold the release button at the bottom of the socket and pull our your limb

2. Remove any socks and roll down the liner

3. If you have trouble removing the prosthesis: Before pushing the release button, put weight on the prosthesis (while sitting or standing) and then push the release button and hold it in while lifting the limb out of the socket

CARE FOR LINERS:

1. Gel liners come in pairs, **wear a clean liner every day** that was not worn the day before. Liners need 24 hours to dry and “restore” their shape and condition

2 Turn the liner inside out to wash the gel inside. Rinse with water and lather surface with a small amount of liquid soap. **Non-scented antibacterial soap is recommended**. Dial antibacterial soap is not recommended, never scrub the surface of the gel

3. Rinse well, making sure no soap residue remains on gel surface

4. Blot liner dry on lint free towel

5. Return the liner to the right side (fabric-side) out and allow to dry on the stand provided. It is okay of the fabric side gets wet. Allow the liner to dry away from any direct or indirect heat sources