

How to put on your Transtibial Prosthesis with Supracondylar Suspension

1. Remove brown Juzo shrinker if worn.



2. Pull cotton sock on to stump ensuring there are no wrinkles.

3. Pull liner on to residual limb ensuring patella tendon bar is over the patella tendon (just below the knee cap).



4. Pull thin nylon sock over the liner, if required.

5. Sit at the front of the chair. Keep the heel of the prosthesis on the floor and tilt it backwards. Push the liner and your leg into the socket from the back and then down into the socket.



6. If a suspension sleeve is worn, pull the sleeve over the knee. Make sure there are no wrinkles in the sleeve. The sleeve will work best if it is directly next to the skin.

If your socket feels too loose, add extra cotton socks. If more than one sock is worn, they should be put on separately. Both thick and thin socks are available.

If your socket feels too tight, try a thinner cotton sock.

If your socket is still loose with three thick socks or tight with one thin sock, then make an appointment to see your prosthetist.

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