



PROBLEM SOLVING WITH YOUR PROSTHESIS

AK = Above the Knee

BK = Below the Knee

If your stump is sliding up and down [pistoning] in the socket, you may want to:

- a. Pull your suspension sleeve up and over the socks so it is against your skin. Make sure all wrinkles are out. [BK]
- b. Make sure the suspension sleeve is not ripped or overstretched. [BK]
- c. Add one thin sock— one ply. [BK or AK]
- d. Tighten waist belt. [AK]
- e. If using pin suspension and the socket is rotating, add socks. [AK or BK]

If your stump feels loose in the socket, or is moving around in it, or you feel extra pressure at the bottom of your knee cap [BK], in the groin area [AK], or the at the end of the stump [AK or BK]:

- a. Try adding one thin sock—one ply.

[BK] If the prosthesis is really hard to get on or it feels too tight once it is on, or you feel extra pressure on the bony area below the knee cap, or pressure on one or both sides of the knee:

- a. Try taking away one thin sock
- b. If you have trouble each morning getting the prosthesis on, make sure you wear your shrinker each night.
- c. If you are wearing a pin suspension make sure the pin is straight.

[AK] If the prosthesis is hard to get on or feels tight once it is on:

- a. Try taking away one thin sock.
- b. If this is a problem each morning, be sure you wear your shrinker at night.
- c. If you are wearing a pin suspension, make sure the pin is straight.

[AK or BK] If the prosthesis is uncomfortable when you put it on and stand on it:

- a. Try taking it off and putting it back on again making
- b. sure it is on straight.
- c. Take it off and rest your leg, putting shrinker on and
- d. propping leg up
- e. Add or take away one ply sock.
- f. If still uncomfortable, call the prosthetic department immediately 434- 243-4670