

Below-the-Knee Amputees

# **Suspension Sleeve**

A Guide for the Daily  
Care and Maintenance  
of Your New Prosthesis

**T**his booklet is meant to guide you through daily activity with your new prosthesis. It will show you what you should do from the time you wake up, to the time you go to bed. Learning how to take care of your prosthesis as part of your daily routine will help make sure you are following the right steps everyday.

This booklet is divided into five sections: In the Morning, During the Day, In the Evening, When to See Your Prosthetist, and Skin Issues.

# Suspension Sleeve

## In The Morning

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# IN THE MORNING

- 1 Before putting on prosthesis, check limb for sores and redness.



Use a mirror  
to view hard  
to see places.

- 2 With a suspension sleeve, you may use a CUSHIONED LINER or socks. The cushioned liner has a logo mark on the front.



Logo mark

Keep logo mark on the  
front of your limb.

- 3 **DO NOT** pull on or stretch the liner.



Roll liner up leg, making  
sure there are no air  
bubbles or wrinkles  
between skin and liner.

## IN THE MORNING

- 4** Apply sock ply over liner.  
Available in 1, 3, and 5, ply or layers of thickness.

Begin with \_\_\_\_\_ plys.

Add or subtract plys  
by 1 or 3 plys to reach  
a comfortable fit.



- 5** Apply prosthesis.



Push limb all the way  
down into prosthesis.  
Then, roll the sleeve  
over your knee and onto  
your thigh.

## IN THE MORNING

- 6** Steady yourself and stand.  
Always hold onto something steady as you stand.



**DO NOT** begin walking  
until you are certain your  
prosthesis is secure.

- 7** After standing, evaluate the fit.  
Make sure your prosthesis is fitting correctly to prevent skin  
irritation.

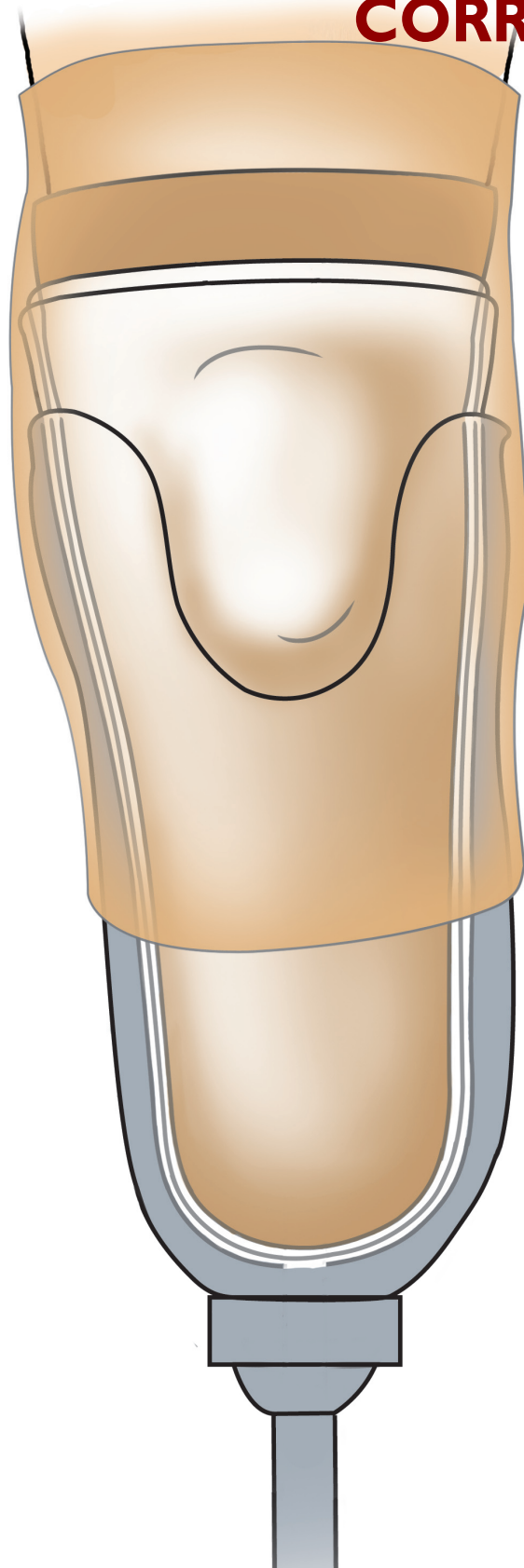
You should not feel any pain.  
If it becomes uncomfortable during the day,  
**STOP** and add or remove sock plys.





# IN THE MORNING

## CORRECT FIT

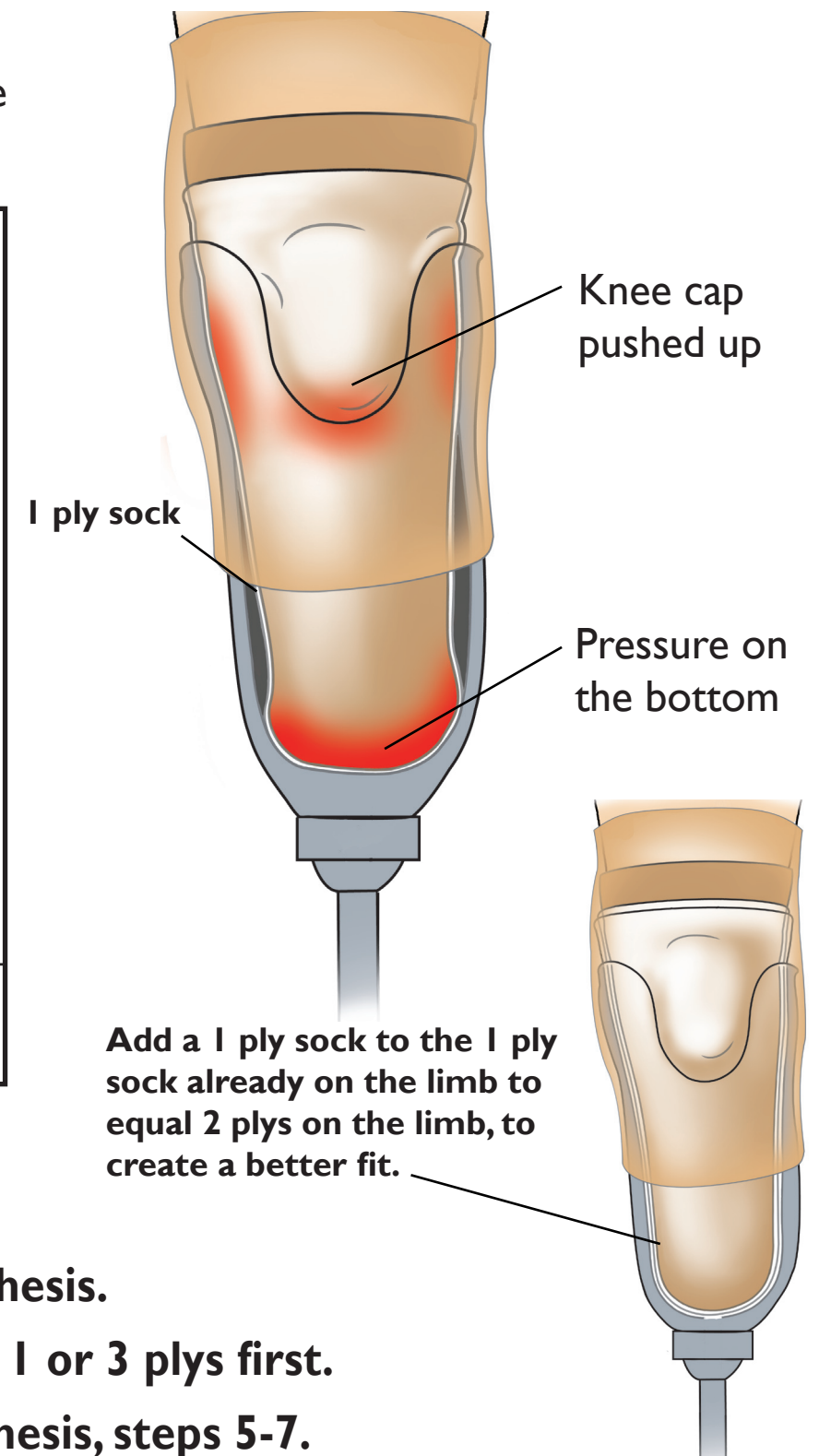
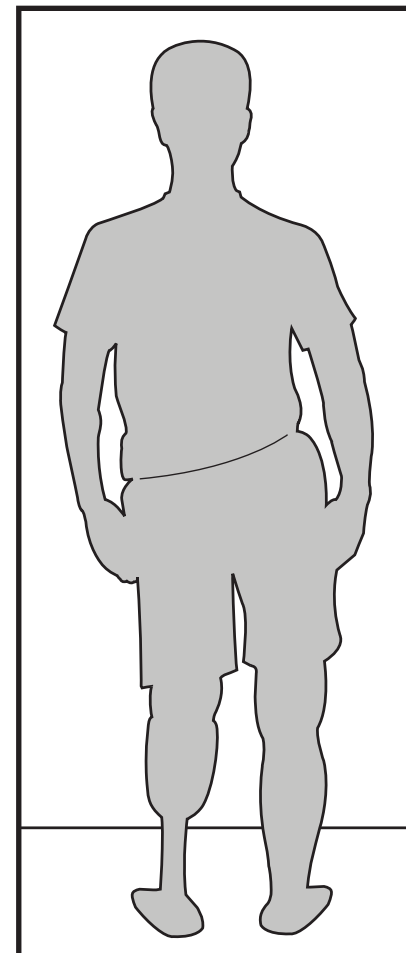


- 1) Knee cap centered
- 2) Snug fit
- 3) No pressure on shin
- 4) No pressure on bottom of limb

# IN THE MORNING

## ADD sock plys if you feel:

SHORT on the side  
of your prosthesis



- Remove prosthesis.
- Add sock plys: 1 or 3 plys first.
- Reapply prosthesis, steps 5-7.

# IN THE MORNING

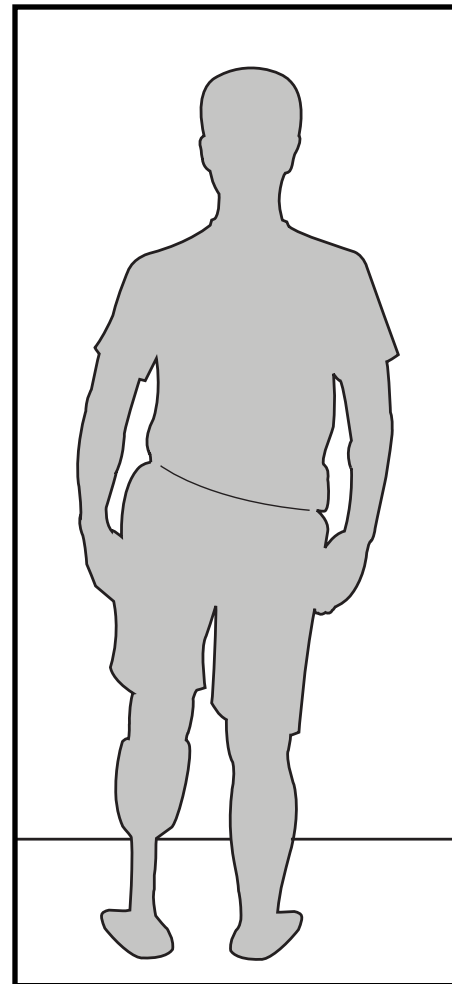
**REMOVE** sock plys if you feel:

LONG on the side  
of your prosthesis.

Pressure on  
your shin

3 ply sock and 1 ply sock  
equals 4 plys on limb.

Remove the 1 ply sock  
leaving the 3 ply sock  
on limb, to create a  
better fit.



- Remove prosthesis.
- Remove sock plys: 1 or 3 plys first.
- Reapply prosthesis, steps 5-7.

# DURING THE DAY

It is normal for your limb to shrink and swell throughout the day. Therefore, it is important for you to check the fit of your prosthesis several times during the day.

- 1** **DO NOT** ignore pain.  
If you feel discomfort, remove your prosthesis and inspect your limb.

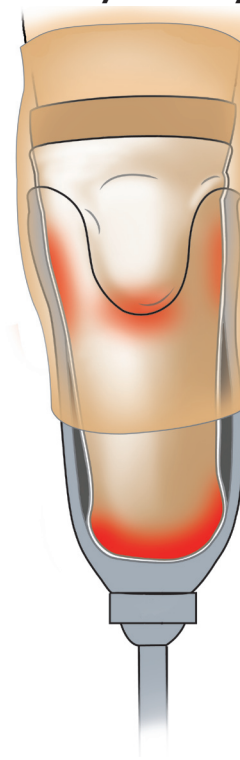


- 2** If your limb sweats a lot, when you check your limb, you should also dry your limb.



# DURING THE DAY

- 3** Because your limb may shrink or swell during the day, you may need to add or remove socks. This is why you should always carry extra socks.



## If you feel:

Your knee cap pushed up.  
Pressure on the bottom of your limb.

## You should:

Add socks

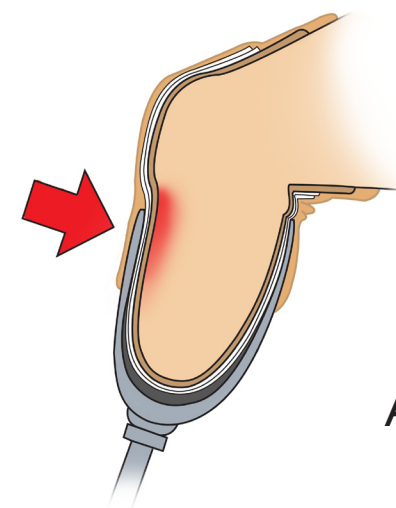
- A) Remove prosthesis by depressing and holding in pin-lock release button.
- B) Add socks: 1 or 3 ply first
- C) Reapply prosthesis, steps 5-7.

## If you feel:

Pressure on your shin.  
Your leg is longer on the side you wear your prosthesis.

## You should:

Remove socks



- A) Remove prosthesis by depressing and holding in pin-lock release button.
- B) Remove socks: 1 or 3 ply first
- C) Reapply prosthesis, steps 5-7.



# IN THE EVENING

You will want to clean your liner, socks, prosthesis, and limb everynight, just like you would wash your face or brush your teeth. Your liner will last longer if taken care of correctly, and will also help to prevent skin irritations.

1 Remove the prosthesis.



Pull over or roll sleeve down, off your knee and thigh until you can take your limb out of the prosthesis.

2 Remove socks and liner.



Roll the liner down your limb so the gel inside is facing out.

# IN THE EVENING

3 Look and feel for sores and redness.



Use a mirror to view the hard to see places.

**DO NOT** sleep in the liner.

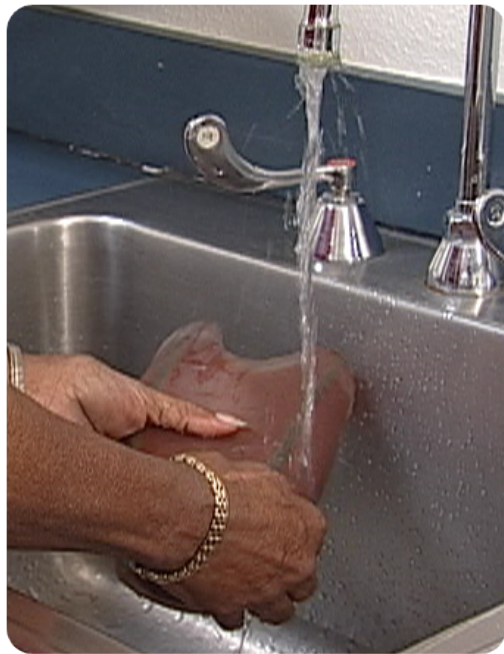
4 Clean the prosthesis.



Wipe the inside of the prosthesis with a damp cloth.

# IN THE EVENING

- 5 Wash socks with your regular laundry.
- 6 Clean liners everyday with soap and water.



Be sure to rinse **ALL SOAP** off of the liner, because any soap left on the liner may cause irritation to your skin.

- 7 Dry the liners completely with a towel.



# IN THE EVENING

- 8 Hang them on a drying stand to make sure they are completely dry.



**DO NOT** wear a liner two days in a row. Rotate the liners so you wear each one every other day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Liner 1	Liner 2	Liner 1	Liner 2	Liner 1	Liner 2	Liner 1
Liner 2	Liner 1	Liner 2	Liner 1	Liner 2	Liner 1	Liner 2
Liner 1	Liner 2	Liner 1	Liner 2	Liner 1	Liner 2	Liner 1
Liner 2	Liner 1	Liner 2	Liner 1	Liner 2	Liner 1	Liner 2



# IN THE EVENING

- 9 Apply limb shrinkers. Sleep with the limb shrinkers on to reduce swelling in the morning.



**A)**  
Gently pull half of the shrinker onto your limb and over the lower part of your thigh.



**B)**  
Pull the plastic ring close to the end of your limb, making sure the fit is snug.



**C)**  
Pull the bottom half of the shrinker back over the top half of the shrinker and over your thigh.

# WHEN TO SEE YOUR PROSTHETIST

- 1 If you notice any redness that does not go away.
- 2 If you feel any discomfort or pain that does not go away with adding or removing socks.
- 3 If you notice any sores or bumps on your skin.
- 4 If you hear any noises coming from your prosthesis, or you notice any loose parts. STOP using your prosthesis, and CALL your prosthetist IMMEDIATELY!



# SKIN ISSUES

- 1 Phantom pain:** Is the term used to describe a pain coming from your amputated limb.



One thing you can do at home to relieve some of the discomfort is to **RUB, TOUCH, and PAT** your limb.

- 2 Sweating:** If you experience a lot of sweating,



You can apply a non-prescription anti-perspirant to your limb at night.



You can take your prosthesis off during the day and wipe off any sweat with a towel.

# SKIN ISSUES

- 3 Sores:** Sores on the skin are caused by surface irritation or ingrown hairs.



They can be treated with anti-bacterial cream applied to the sores.



You should not ignore any sores on your skin. If you notice any sores, you should see your prosthetist.

- 4 Itching bumps and irritation:** Bumps and irritation can be caused by exposure to allergens or irritants to the skin like heat, sweating, or soap left on the liner or skin.



You can treat the area with an over-the-counter anti-itch cream.



A cool, damp cloth can be applied to the affected area to relieve itching.

Continued irritation can develop into a bigger problem, be sure to tell your prosthetist about any irritation or discomfort.