



Orthotic & Prosthetic

SPECIALTIES INC.

INSTRUCTIONS FOR YOUR NEW PROSTHESIS

A properly fitted prosthesis will take time to adapt to. If you have not been walking for a while, you will not be able to keep up your old pace immediately. Take small steps and go slowly. You will grow stronger and more agile with each session.

IMPORTANT INFORMATION FOR ADAPTING TO YOUR NEW PROSTHESIS

	WEARING TIME	HOW OFTEN?	ACTIVITY	CHECK UP
1 st week	1/2 hr on	2-3 times per day	Limited Walking	In 7-14 days
2 nd week	1 hr on	2-4 times per day	Limited Walking	
3 rd week	2 hr on	2-4 times per day	Increase Walking	In 14-21 days
4 th week	3-4 hr on	As Tolerated	Normal	As Needed

- A. If you are working with a Physical Therapist with your prosthesis, follow his/her instructions.
- B. **USE YOUR COMMON SENSE.** If your prosthesis is too uncomfortable, take it off for a while. Build up your tolerance slowly. Use it for longer durations as you are able.
- C. Your stump will change sizes throughout the day. Add or subtract socks accordingly. If you feel discomfort, or if you notice red spots, you may need to subtract or add socks. If the problem persists, call us for help.
- D. As time passes, your stump will shrink. This is perfectly normal. However, as this occurs, you will need to add additional plies of socks and/or call for an adjustment.
- E. **CLEANLINESS IS CRUCIAL.** Change prosthetic sheaths and stump socks at least once a day. Launder them after each use, following the directions on the package. This will help to avoid developing sores and infections. In addition, suspension sleeves need to be cleaned.
- F. If you were given a stump shrinker, use it when not wearing your prosthesis. This will minimize swelling. If you don't wear your shrinker sock your limb might be too big to fit properly in your prosthesis.
- G. If your prosthesis contains a knee or other mechanical components, call us for periodic servicing.

- H. For battery-operated prostheses, follow a regular recharging schedule and carry a spare battery with you.
- I. Before leaving our office today **make a check-up appointment** for fine-tuning of your new prosthesis within one to two weeks from today date.

WHEN DO YOU NEED TO CALL US?

- If you gain or lose weight (+/- 5 pounds) your prosthesis may no longer fit properly. Call us immediately. We may be able to adjust it to accommodate your needs.
- If your prosthesis hurts, causes redness or sores: Discontinue use and call us immediately.
- If your limb changes in size and/or shape or you feel discomfort.
- If your prosthesis is in need of any mechanical repairs or is not functioning properly.
- If you have any questions or concerns.
- If your call is not returned in a timely fashion, please call anyone on the following list, for a prompt response.

Jack Daughter
Christopher Berdahl
Jim Cynkar

If your call is an **EMERGENCY** please tell our office staff and your call will be directed to your practitioner. If your practitioner is unavailable to take your call, it will be directed to a member of the prosthetic team.

IMPORTANT

Due to lack of *sensation* in your leg and foot, the prosthesis could accidentally interfere with the brake, clutch or accelerator pedal.

DO NOT ATTEMPT TO REPAIR OR MODIFY YOUR PROSTHESIS! If you or anyone other than an Orthotic and Prosthetic Specialties authorized staff member do so, all warranties implied or expressed are: Null and Void.

Thank you for choosing Orthotic and Prosthetic Specialties for your prosthetic needs and please remember to call us with any questions or concerns.