



# NO LIMBITATIONS

## Educate ~ Motivate

No LIMBitions is Rhode Island Limb's innovative quarterly publication featuring educational information about Prosthetic and Orthotic technologies, tips from our Clinicians and Patient Advocates, new developments at RI Limb and upcoming events.

### Spring Newsletter Highlights

- Orthotic Insight : Diabetic Footwear
- Community Outreach : Upcoming events
- Focus Point – From the Clinician : Prosthetic Sock Management and Volume Control
- Krissy's Corner – Tips from amputee Krissy Waters : “On-The-Run Kit”, Sock Management

## *Orthotic Insight*      **What is Diabetic Footwear?**

Diabetic footwear can be custom or off the shelf shoes that are specifically designed to accommodate feet with decreased sensation by allowing extra room in the toe box and accommodating other areas of the foot. The purpose of diabetic footwear is to protect your feet and prevent ulceration which could lead to possible amputation. While there are some style options available, the purpose of diabetic shoes is to address the individual concerns of each patient and provide appropriate shoes to protect the specific problem areas.

## *Community Outreach*      **Upcoming Events**

- Rhode Island Limb's road race team, Sole Determination, will be participating in monthly runs/walks around our community. If you are a patient, family member or member of the community and would like to participate or show your support, please visit the Events page on [www.rilimb.com](http://www.rilimb.com) and email Karen Teoli at [kteoli@rilimb.com](mailto:kteoli@rilimb.com) for more information. All are welcome to join us!

## Focus Point

## Prosthetic Sock / Shrinker Management

- **Prosthetic socks** are used to manage volume fluctuations (increase and decrease of swelling) and maintain proper socket fit in your prosthesis.
- **Total contact** must be maintained by adding and removing socks throughout the day to reduce pinpoint areas of pressure. This means there should be no air in the socket.
- Socks may be used inside of foam liners, over gel liners and with other suspension systems.
- When your residual limb swells, sock(s) must be removed to allow for the increase in volume in the socket. When your residual limb shrinks, sock(s) must be added to residual limb to take up space in the socket. The number of socks, or ply, depends on how much swelling you have in your limb. Be sure to check this frequently.
- **Shrinker socks** help to maintain limb volume so that your prosthesis fits properly at all times. They also help create a mature or cone-shaped limb which is ideal for socket fit. Shrinker socks are compression garments that should be worn at all times when you do not have your prosthesis on. Shrinkers may need to be worn even years after amputation to maintain volume control.



### Krissy's Corner

#### On-The-Run Kit

The following is a list of items that are great for amputees on the go. You can fit all of these in a Ziploc bag and keep them in your purse, glove box or backpack:

- ✓ Baby wipes (for limb) and alcohol wipes (for socket) – for washing sweat and maintaining proper hygiene
- ✓ Packets of antibiotic cream, Vaseline, Eucerin or Adaptskin for wounds
- ✓ Prosthetic socks (1 of each: 1,3 and 5 ply) and sheaths for volume management
- ✓ Limb antiperspirant
- ✓ Dry face cloth
- ✓ Mini bottle of baby powder
- ✓ Band-Aids - cover wounds, blisters

#### How do I maintain proper hygiene while wearing my prosthesis?

- Always wear clean socks (machine wash) and gel liners (mild soap and water, hang dry) to protect the skin on your limb.
- Your limb may shrink or swell during the day. Be aware of the fit of your prosthesis. If you do not manage your volume fluctuations properly, it could lead to skin breakdown and inhibit proper skin hygiene.
- If heavy perspiration occurs, change socks completely, wipe the gel liner and sleeve dry to remove the moisture. Moisture in the socket can soften the skin and cause it to be more vulnerable for skin breakdown. If sweat is an issue for you, talk to your prosthetist about specific antiperspirants.
- Wipe your socket or soft foam insert daily with alcohol wipes.