

## **PROSTHETIC SOCK MANAGEMENT**

### **What is a Prosthetic Sock?**

A prosthetic sock is a special sock designed to fit over your residual limb. Some patients use them right up against their skin inside their socket, and others use them over gel liners. It is designed to improve comfort and fit of a prosthesis, as well as protect against skin irritation. It is often made of cotton, or wool with a stretchy material like lycra to improve fit.

### **Why do I use Prosthetic Socks?**

A prosthesis is designed to have an intimate fit with the residual limb. While the prosthetic socket is a rigid device, the human body is dynamic and changes constantly. For this reason, the prosthetic socket and residual limb will never be exactly the same size all the time. This is where the use of prosthetic socks is required. In order to make up for the change in the body, prosthetic socks are used to build up or shrink down the size of the residual limb in order to get it to fit into the socket properly.

### **How Do I use Prosthetic Socks?**

Prosthetic socks come in all different shapes, sizes, and thicknesses. Thick and thin socks are used to help shape your limb based on the amount of swelling you have. A prosthetic sock thickness or weight has been represented by the term "ply". When more strands of yarn are knit into socks, they become progressively thicker and heavier. The increasing number of strands is referred to as "ply". The thickness, or "ply" of the sock, is determined by the color of the stripe at the top of the sock. The thinnest sock available is a 1 ply, which has no stripe. The 3 ply sock has a yellow stripe and the 5 ply sock has a green stripe.

### **Sock Management?**

- Put Sock(s) on smoothly and pull tightly so there are no wrinkles.
- You should have enough socks on to feel secure in the prosthesis and still be pushed all the way into the socket.
- If you are taking pressure on the bottom of your residual limb and sliding in too far, add a sock.
- If you are not getting all the way down in socket and it is too tight at the top, remove a sock.
- Do not wear socks that are worn out or have holes in them, as they could cause pressure points and irritate the skin.
- Socks can be worn by themselves or in layers. For example, to wear 4 ply sock, put on a 1 ply and a 3 ply.

### **How to Clean Socks:**

- Wash socks daily in soap and water or washing machine. Use a mild detergent, without bleach. Avoid drying the socks in a dryer, as they may shrink. Lay flat to dry.

### **WARNING:**

- Failure to check the skin after removing socks and gel liners increases the risk of severe skin damage. Skin damage is caused by constant pressure, which can be seen as lasting redness. Regular skin checks of a body part in contact with an orthotic or prosthetic device is necessary to prevent injury. Skin ulcers and pain caused by pressure increases the risk of infection and other medical complications.

### **Additional notes:**

- DO NOT cut socks, because they will fall apart.
- I understand that all warranties to my prosthetic or orthotic device(s) will become void if any alterations, adjustments, or modifications are made by anyone other than RI Limb Company. I also understand that any unauthorized alterations, adjustments or modifications made to my device(s) will be documented in my patient records at RI Limb. My insurer may request this documentation for determination of the necessity of new device(s) and repairs due to resulting damages.

**If you have questions, please contact RI Limb. I have read and understand above information.**

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**Patient Name**

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**Date**