

Patient information

Post prosthetic limb delivery instructions

- You will practice putting the limb on and taking it off here at physiotherapy.
- You will have been told by the prosthetist how many socks you should start off with.
- You should have received a bag of socks containing thin and thick socks – this is to help you get the right fit.
- This number of socks will change according to how much your residual limb shrinks or if it swells up for some reason. You can alter the number of socks so that it feels right and comfortable for you.
- Socks should be changed each day for hygiene.
- You should begin by wearing the limb for one hour, twice a day – this will be for sitting only.
- Please inspect your limb carefully before and after wearing your prosthesis, looking for signs of redness, blistering or skin breakdown. Please flag this up to the physio should you see skin breakdown or blistering – it is common to have this and is not serious, but it does mean you may need to reduce wearing time for a bit.
- It is normal to see some redness when you have been wearing the limb for a while, but this should have resolved before you put the limb on again the next time.

- When the physio feels you are safe to do so, you may be asked to practice standing up on the limb. You should choose a place that is safe for you to practice – this may be at the kitchen sink for example or standing behind an armchair.
- In standing, practice taking weight onto and off the limb - gently swaying side to side. This is what happens when we walk and therefore is good preparation for walking and gives the leg a chance to bed into the socket.
- You will begin walking practice at physio in the parallel bars.
- When you are ready, the physio will bring you out of the parallel bars to practice with walking sticks or a rollator frame.
- When both you and the physio agree that you are safe, you will be asked to start some walking at home with sticks or a frame. Please note we advise against using crutches in the majority of cases.
- Initially you may require supervision at home for safety.
- We advise you practice just indoor walking initially and check with physio before trying outdoors.
- You should gradually increase how many hours you wear your limb each day so that within 6 - 8 weeks you are able to wear it for 8 hours a day.
- The ultimate goal is for you to be putting the limb on when you get up in the morning and wearing it until you go to bed at night.
- Initially the limb will feel very heavy to you but the more you wear it the more it will feel like a part of you.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>

