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Volume Management with Prosthetic Socks.

The goal of this document is to understand when to use prosthetic socks to keep your socket fitting comfortably.

Understanding volume changes

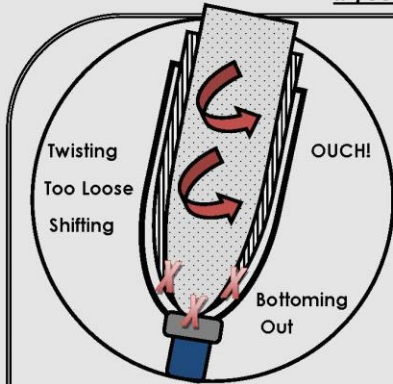
- Your residual limb will fluctuate in volume.
 - Daily volume changes will happen as the amount of fluid in your residual limb changes throughout the day. Usually as the day goes on, your volume (size of your residual limb) will decrease.
 - Over longer periods of time, your overall size may decrease from muscle atrophy. Muscle atrophy is the shrinking of your muscles. Because your muscles are no longer being used every day, they will begin to atrophy.
 - Volume can increase due to salt intake, different medications, trauma to the residual limb, health problems, and weight gain.

When to use socks

- Socks should be worn when:
 - The socket feels loose.
 - You feel excessive distal (bottom) pressure on your residual limb.
 - Your patella (knee cap) is falling into the socket farther than normal.
- Fewer socks should be worn if:
 - You are unable to put on your prosthesis with socks.
 - There is a void between the bottom of the socket and your limb, remove a sock.
 - If you are unable to don your prosthesis, and you are wearing no socks, put your liner on and leave your residual limb elevated for 5-10 minutes.
- If you are consistently wearing 8+ ply socks, call for a follow-up appointment. It may be time for a new socket, or modifications to your current socket.

How to use your PROSTHETIC SOCKS

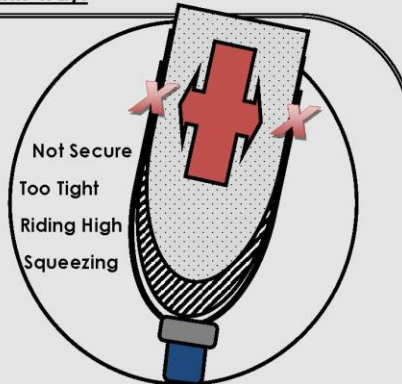
If you feel this way:



DON means put on.

DON

Put on thinner socks (1 and/or 3 ply). If that is not enough, remove those socks and add a thicker sock (for example, 5 ply).



DOFF means take off.

DOFF

Try removing some thinner socks (1 or 3 ply). If that is not enough to increase socket comfort, remove some thicker socks.

CHECK ✓

Your Socket for
Fit & Comfort

MORNING

Before 11:00am

AFTERNOON

Before 3:00pm

EVENING

Before 7:00pm

Care for your socks: Machine Wash Warm, Tumble Dry Warm or Hang Dry