

## Sock Use & Care

The primary and most important function of a prosthetic sock is to maintain the proper fit of your prosthesis. Changes in the size of your residual limb can affect the fit of your prosthesis. You must adjust the thickness of socks that you are wearing as the size of your limb changes. Throughout your life, the size and shape of your residual limb will continue to change. Properly adjusting the thickness of socks you are wearing will help maximize the comfort and performance of your prosthesis. Besides compensating for changes in your limb, prosthetic socks add cushion, reduce friction between your limb and the socket, and absorb perspiration. For these reasons, prosthetic socks are available in a wide range of sizes and thicknesses.

As stated earlier, you will maintain proper fit by adding or removing socks to compensate for changes in your residual limb. The thickness of prosthetic socks is rated in plies. The term ply refers to the number of layers of yarn used in the knitting process. The ply of a sock is often printed on its tag or stamped directly onto the sock.

## General Sock Guidelines

1. Apply a clean sock daily.
2. Socks should be free of wrinkles in order to avoid abrasions to the skin.
3. Wash your socks daily according to the directions on the package.
4. When socks become worn, they should be replaced. Do not mend your socks, as the area of stitching may cause irritations to the skin.
5. Monitor your skin closely. If a rash or sore appears, call your prosthetist immediately.
6. If you are consistently wearing 10 or more ply of sock, contact your prosthetist to see if an adjustment can be made to reduce the number of socks needed.
7. If socks become damp with perspiration, change them as soon as possible.
8. When adding/removing socks, do so **one ply at a time**.
9. If sock ply is added, ensure that your leg is lightly touching the bottom of the socket. Lack of contact at the bottom of your limb can lead to a condition known as verrucous hyperplasia. If this condition has developed, your skin will have an orange peel appearance, blister, or is discolored.
10. If wearing a pin liner, be sure that the pin goes through the hole in the socks so as not to get stuck in the prosthesis.

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At the initial fitting of your prosthesis, your prosthetist will recommend an appropriate ply of sock to be worn with your prosthesis. **This amount may vary due to shrinking and swelling** in your residual limb. These changes can be caused by retention of body fluids, certain medications, weight fluctuation, dialysis, heart and/or vascular conditions, changes in activity level, temperature, diet etc. Your limb may change shape rapidly, so **ply can change several times in one day**; this is especially true for new amputees.



#### ADD A SOCK IF:

Your residual limb feels loose within the socket.

You have pain at the bottom of your stump and at the bottom of your kneecap.

You feel as if you are walking with all of your weight on the end of your residual limb.

#### REMOVE A SOCK IF:

You experience excessive difficulty donning the prosthesis.

You feel pain at the bone under your kneecap.

You feel a ***throbbing pain*** around the bottom of your residual limb. Upon removal of your prosthesis, your skin has an orange peel appearance, a blister, or is discolored.



Call your prosthetist with any questions or concerns.