

WINKLEY

orthotics & prosthetics

Winkley specializes in custom fabricated upper and lower extremity prostheses.

We use advanced technologies including lightweight designs and microprocessor controls.

Our goal is to enhance each individuals' mobility and quality of life, by providing the highest quality care.

Throughout the last century

Winkley has held fit, function and satisfaction as its core values.

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 - ◇ 1321 South Main Street, Rice Lake, WI 54868
715-234-6622 ◆ Fax: 715-234-7879
- By Appointment Only:
- ◇ 2835 South Service Drive, Suite 206 Red Wing, MN 55066
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 - ◇ 1601 St. Francis Ave, 2nd Floor, Shakopee, MN 55379
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1-800-WINKLEY
www.winkley.com

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Instructions for your Below-Knee Prosthesis

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Wear and Care

Below-Knee Prosthesis

Wearing Schedule

It is important to follow the wearing schedule given to you by your prosthetist. This will allow you to acclimate to the device and allow your prosthetist to monitor the device for any problem areas as they develop and before they become worse.

Shoes

It is important to maintain the same heel height when changing to another style of shoe. Variances in heel height can negatively affect pressures within the socket and potentially cause instability when walking.

Skin care & hygiene

Check your skin every day for red marks or pressure sores. This is especially important if you have diabetes or have diminished sensation. Your prosthesis should fit snugly, but not cause any pain, bruises or blisters. Some pinkness is expected in areas of support. Any redness should disappear within 15 minutes of removing the prosthesis. Try wearing

the prosthesis again in an hour or two. If you feel pain or if the redness on your skin lasts longer than 15 minutes, call our office to have your prosthesis adjusted as soon as possible.

It is important to keep your skin clean to avoid irritations. Mild soap and water are recommended and a topical moisturizer can be used after cleaning the skin at the end of each day.

Socks and gel liners should be washed daily to prevent bacterial build up. The socket interior should be wiped down with a damp rag as well.

Do not use lotions, oils, ointments or powders on the residual limb unless instructed by your prosthetist.

Repairs & maintenance

It is important that your prosthesis is well maintained. Follow the recommended maintenance schedule as instructed by your prosthetist.

All socks and liners should be checked for abnormal wear and tear and replaced regularly to maintain the fit and integrity of the device.

Many prosthetic devices have an integrated suspension system. It is important to make sure that any damage or malfunction is reported to your prosthetist as soon as possible to prevent potential injury.

Other information:

When to call your prosthetist

You should be seeing your prosthetist for a follow up appointment within two weeks of receiving your prosthesis. Please call sooner if you notice the following:

You have developed red areas or pressure sores from your prosthesis.

You have had a significant weight change and your prosthesis is too loose or too snug and can not be adjusted with the addition or subtraction of sock ply.

You have any other questions or concerns.