

How to put on your Transfemoral Prosthesis with a Suction Socket

Ensure correct positioning of prosthesis before donning as advised by prosthetist i.e. line up foot. Find adequate support, if required, while standing on one leg, e.g. wall.

Method ONE using a thin nylon prosthetic sock

1. Pull up the top of the sock over residual limb to approximately $\frac{3}{4}$ length, leaving end loose.



2. Feed loose end of sock down through valve hole and place residual limb into socket.

3. Gradually pull down on end of sock, easing your leg into socket at the same time. Keep doing this until sock has pulled right through and full location of residual limb is achieved.



4. You should be able to see or feel your skin through the valve hole
5. Insert valve bung. Putting weight through the limb, press centre of valve to release excess air.



Method TWO using an elastic bandage



1. Wrap end of bandage around residual limb one or two times.



2. Feed other end down through valve hole



3. Following the same procedure as with the sock, pull your leg down into socket until full location is achieved.



4. You should be able to see or feel your skin through the valve hole

5. Insert valve bung. Putting weight through the limb, press centre of valve to release excess air.

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