

How to put on your Transtibial Prosthesis using the Pull-through Technique

If your residual limb is a little bulbous in shape (wider at the end than nearer the knee) it may help to use the pull-through technique when putting on your prosthesis.

1. Remove brown Juzo shrinker if worn.



2. Pull cotton sock on to residual limb ensuring there are no wrinkles.



3. Over this pull on a longer flat nylon sock halfway up (or a bit less) on your residual limb.



4. Put the end of the nylon sock through the hole in the base of the PElite liner. Push the liner on to your residual limb at the same time as pulling down on the end of the nylon sock.



This method elongates your residual limb and prevents the soft tissues from bunching up.

5. The nylon sock can either be pulled out of the liner, through the hole, or, if the end of the sock is cut off, it can be turned back over the liner. The residual limb and liner can then be pushed into the socket.



If your socket feels too loose, add extra cotton socks. If more than one sock is worn, they should be put on separately. Both thick and thin socks are available.

If your socket feels too tight, try a thinner cotton sock.

If your socket is still loose with three thick socks or tight with one thin sock, then make an appointment to see your prosthetist.

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