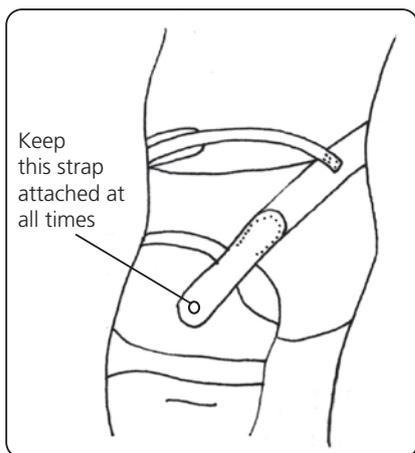
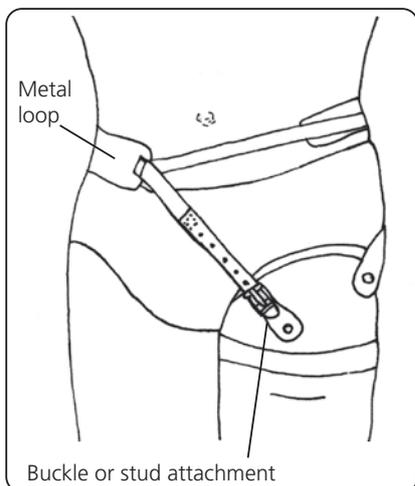


How to put on your Prosthesis with a Silesian Belt



Pass the wide strap around your back and over your hip on the side opposite to your prosthesis.

You will see a metal loop at the end of the wide strap. Pass the narrow strap over your hip on the same side as your prosthesis. Make sure there are no twists in the straps. Pull the narrow strap through the loop on the wide strap and attach to either the stud or buckle at the top front of your prosthesis as tight as possible without causing any discomfort.

To remove simply undo the front fastening and pass the narrow strap back through and out of the metal loop keeping the wide strap attached to the outer side of your prosthesis.

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.

Donning your Prosthesis with Silesian Belt

The Belt will be attached to the outer side of your prosthesis – keep this attached at all times.

Find adequate support to lean against while standing on one leg if required.

To ensure the foot will rest in the correct place on fastening, slightly turn the toe out and push your limb into the socket.

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The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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