

## How to put on your Transtibial Prosthesis with Cuff Suspension

1. Remove brown Juzo shrinker if worn.



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

3. Pull liner on to your residual limb ensuring patella tendon bar is over the patella tendon (just below the knee cap).



4. Pull thin nylon sock over the liner, if necessary.



5. Sit at the front of the chair. Keep the heel of the prosthesis on the floor. Tilt the prosthesis backwards and with your knee slightly bent, push the liner and your leg into the socket.



6. Press knee down as cuff strap is pulled over the knee. Fasten securely but not too tightly to cause discomfort. You should be able to fit your finger under the strap.

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.

### Exeter Mobility Centre

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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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