

How to put on your Transtibial Prosthesis with Silicone Suspension Sleeve

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 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 used.



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

6. Either roll or pull the silicone suspension sleeve over the knee and up the thigh. Make sure there are no wrinkles and that at least 5cm of the sleeve is directly on the skin.



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 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

Hennock Road East
Marsh Barton
Matford
Exeter
Devon
EX2 8RU

Tel: 01392 547400

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.

© Royal Devon and Exeter NHS Foundation Trust

Designed by Graphics (Print & Design), RD&E