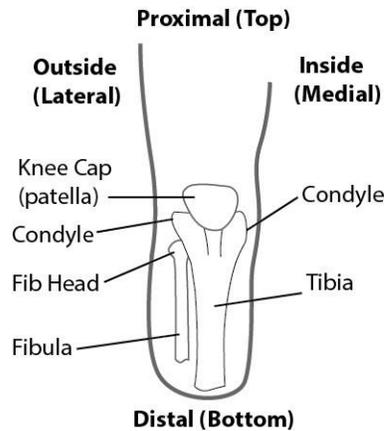


Volume Management and Prosthetic Socks

****Volume management is very important to successful prosthetic use.**

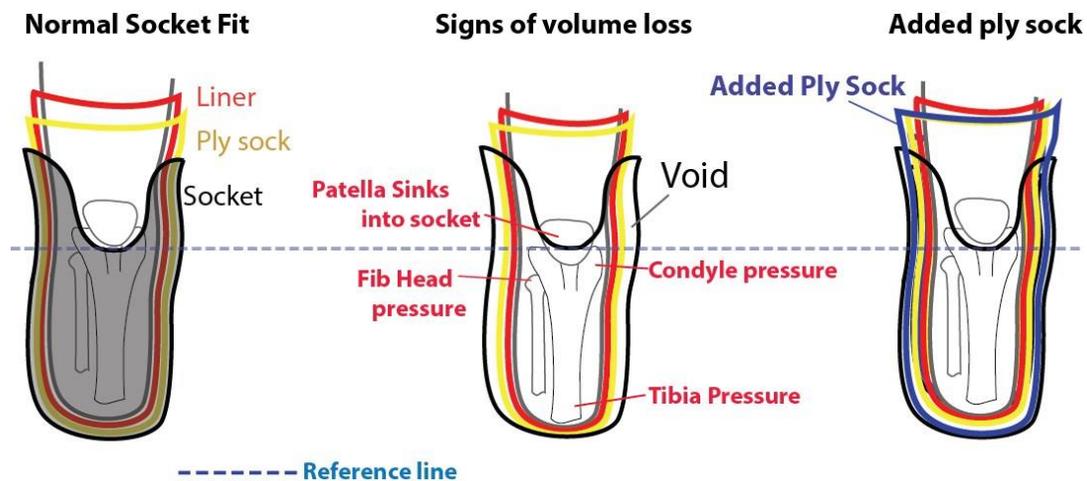
Volume Reduction

You may start your day with a thin sock. Through the course of the day, your volume (size of your limb) will decrease when wearing your prosthesis consistently. When your volume decreases, you will notice that your limb is going into the socket further than it did when you initially donned (put on) the prosthesis. As a result, you may feel some discomfort at the distal end or other areas of your limb.



Understanding the anatomy of your limb and prosthetic components will help you communicate with your prosthetist when you get pressure or discomfort. If you develop a sore on your limb, Stop wearing the prosthesis and call your prosthetist immediately.

You will manage these volume changes through the use of ply socks. Ply socks come in different thicknesses (plies). When the size of your limb decreases you will increase the ply of socks that you are using.



The sock is worn over your liner. Some socks may have a colored band at the top to indicate sock thickness.

New amputees usually see a greater range of volume (size) fluctuation.

Socket Sizes

1/2 ply 1 ply 2 ply 3 ply 5 ply

**** You can use multiple socks at one time to increase sock ply.**

How will I know when I need to add stump socks?

- If you do not meet mild resistance when you are first applying the prosthesis you likely need a sock ○
If you perceive that you're bearing excessive weight on the bottom of your limb, you likely need a sock.
- If your residual limb feels like it is moving within the socket while walking and after vacuum or suspension is established, you very likely need a sock.

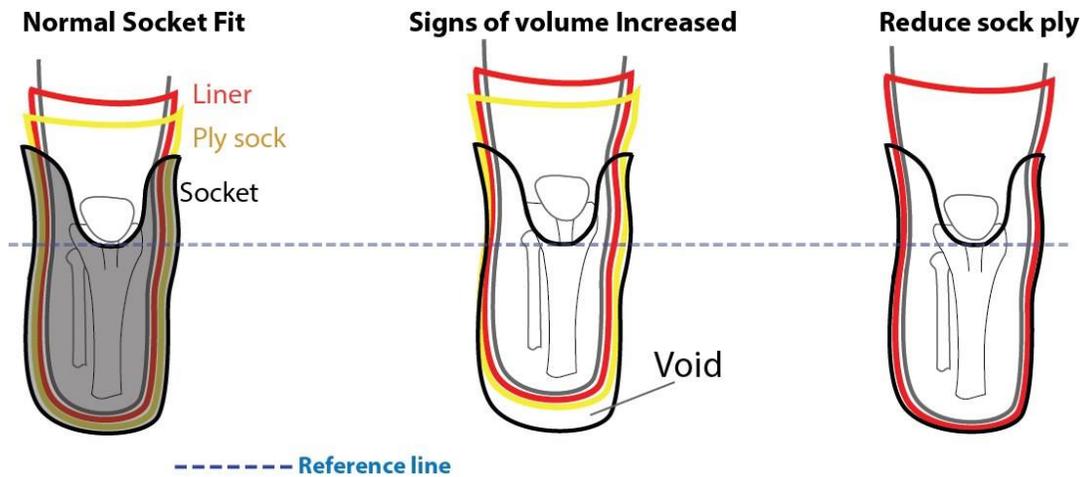
- If you feel your limb moving up and down in the socket, you likely need a sock or you have lost suspension.
- If your patella (knee cap) is falling into the socket.
- If socks DO NOT resolve the issues, call your prosthetist immediately.

Volume Increase

Just as you may have volume reductions, you may also experience volume increases. Volume increases may have many causes. Salt intake, medication, trauma to the limb, sores and other unrelated health problems can all contribute to volume fluctuations. It is very important to inform your prosthetist of all health considerations.

The use of prosthetic shrinkers is one way to control residual limb fluctuations. A shrinker is worn when not wearing your prosthesis. You may also be required to wear your shrinker at night. Your prosthetist will advise you on use of a shrinker and when to wear it. A void inside your socket at the distal end may cause a sore on the distal end of your limb. This is very painful and may take time to heal. Lack of total contact will cause skin irritation.

How will I know when I am using too many ply socks?



- Other indications of volume increase**
- If you try to put on your prosthesis and your limb does not go in far enough (refer to illustration above)
 - If your patella is much higher than it normally is in the socket (refer to illustration above)
 - If you do notice a loss of stability. You may be due to not being seating in the socket correctly.
 - If you remove the prosthesis and interface liner and you see a defined discolored typically round mark on the bottom of your limb.
 - If your stump doesn't make light contact with bottom of the socket you have too many socks on or you're swelled.

**** Most importantly if you have any questions or problems, call your prosthetist immediately.**