

# About Your New Transfemoral AK (Above Knee) Prosthetic Device

## The Orthotic & Prosthetic Centers

Your new transfemoral prosthesis will replace the part of your lower limb that has been amputated. The information below – along with the specific guidance of your physician and prosthetist – will tell you what to expect when using your prosthesis, and how to properly wear, maintain and care for it.

Follow your health care providers' instructions carefully to use this device safely and effectively; this document is designed to give you general "getting started" instructions.

Please take the time to read this information carefully. Always contact your prosthetist or physician if you are unsure of anything.

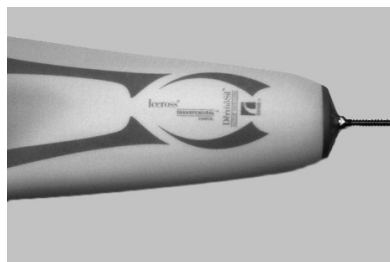
### Putting on your Transfemoral Prosthesis

There are three basic styles of silicone roll-on sleeves; match your sleeve to the styles shown below, and follow the corresponding donning process. If you are confused, ask your prosthetist to help clarify which style you have.

#### Style A.

The liner has a pin at the end.

1. Turn the silicone liner inside out, and flatten the bottom of the liner by squeezing it with both hands.
2. Place the bottom of the liner against the bottom of your residual limb. Using both hands, unroll the liner all the way up your residual limb. Take care to avoid bunching or wrinkles.
3. The pin at the end of the liner should be pointed straight down – not off to the side, front or back. If not properly oriented, the pin may not enter the receptacle at the bottom of the socket. If your liner is off center, take it off and try again to achieve good pin orientation.
4. If your prosthetist recommended a stump sock filler, put the sock on over the liner. Look for the hole at the end of the sock, which allows the pin to protrude. Make sure the sock is pulled up tight and is not wrinkled. Also make sure that the sock does not get caught on the pin, but sits at the base of the pin.
5. Allow your leg to enter the prosthetic socket. You should feel the pin pass into its receptacle at the bottom of the socket. If the pin hits the hard socket inside and does not enter the shuttle receptacle, try holding the socket at slightly different angles in order to get the pin to engage.



Please contact us if you have any questions.

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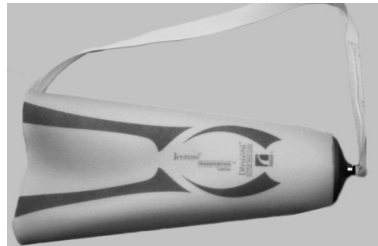
- When the pin enters the shuttle receptacle, it locks the prosthesis on. For safety reasons, try pushing the prosthesis off before you stand on it. You should not be able to push it off if the pin is properly engaged in the shuttle receptacle.
- Depending on the shape and length of your residual limb, your prosthetist may have advised you to use a key or coin to pull your residual limb into the socket. If so, do this now by inserting the key or coin (usually a quarter) into the slot on the shuttle button and turn it so that it draws your tissue into the socket completely.
- Stand on the prosthesis and/or take a few steps in order to make sure that your residual limb is all the way inside the socket. You may feel the pin go in a bit further when you stand up. This is normal.

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### Style B.

The liner has a long cord attached to its end (there is no pin).

- Turn the silicone liner inside out, and flatten the bottom of the liner by squeezing it with both hands.
- Place the bottom of the liner against the bottom of your residual limb. Using both hands, unroll the liner all the way up your residual limb. Take care to avoid bunching or wrinkles.
- If your prosthetist recommended a stump sock filler, put the sock on over the liner. Look for the hole at the end of the sock, which allows the small white nipple at the bottom of the liner to protrude. Make sure the sock is pulled up tightly and is not wrinkled. The nipple should be protruding out from the sock, so that you can proceed to the next step.
- Reach inside the socket and pull the cord out as far as it will come. Take the threaded male end and screw it into the female nipple at the end of your liner.
- Allow your leg to enter the prosthetic socket, while pulling the strap and cord into and out of the top of the prosthetic socket. Your prosthetist should have marked a line for you on the strap to indicate the point at which your limb is completely drawn in. If you cannot get the strap/cord pulled in deeply enough, take a few steps to “settle in” a bit. You should then be able to re-tighten and draw your residual limb in further. Do this several times, as needed. Be sure to secure the strap with either the buckle snap or Velcro<sup>®</sup>, as provided.



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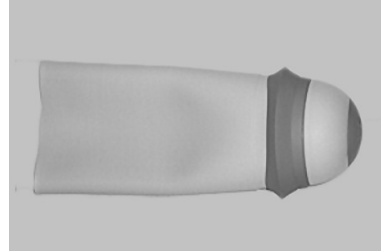
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### Style C.

The liner has a large rubber-like ring near the bottom.



1. Turn the silicone liner inside out, and flatten the bottom of the liner by squeezing it with both hands.
2. Place the bottom of the liner against the bottom of your residual limb. Using both hands, unroll the liner all the way up your residual limb. Take care to avoid bunching or wrinkles.
3. If your prosthetist recommended a stump sock filler, put the sock on over the liner. The bottom of the sock needs to tuck inside the large rubber ring at the bottom of the liner. Be sure it is tucked in all the way around.
4. Allow your leg to enter the prosthetic socket. At the same time, push the button on the valve to allow for air expulsion. The air inside the socket will be expelled through the valve. When new, the silicone liner may need to be sprayed with a bit of rubbing alcohol to reduce friction as your leg slides in. The friction will reduce through use.

### Taking off your Prosthesis:

#### Style A

1. Reach down to find the shuttle button at the bottom of the socket on the inside, facing your opposite leg.
2. Keep the prosthesis in contact with the floor.
3. Push the button with your thumb.
4. While holding the button in, pull your residual limb out of the socket at the same time, keeping the prosthesis in contact with the floor.

#### Style B

1. Release the buckle clip or the Velcro strap at the top, front part of your socket.
2. Pull your leg out all the way until the cord stops you from removing your leg any further.

#### Style C

3. The Prosthesis can be removed in two ways:
  - A. Push the valve button in while withdrawing your leg from the socket.or
  - B. Unscrew the valve housing completely, remove it, draw your leg out and re-screw the valve housing in place.

If, for any reason you can not remove the prosthesis (poor hand strength,

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mechanical problem with the shuttle button, etc.), try the following:

1. Take a cup of water (soapy, if possible).
2. Peel the top of the liner away from your skin and pour a few ounces of the water into the liner.
3. Try to wiggle your leg around as the water makes its way down the liner.
4. Continue to pour a bit of water into the liner.
5. Within a minute or two you should be able to break the suction seal between your leg and the liner and remove your leg.

**IMPORTANT: If there are adjustment screws visible on your prosthesis, do not adjust them. It is very important to understand that it is never advisable or appropriate to adjust your prosthesis yourself. Also, do not add any padding into your socket. For proper fit, any adjustment to the prosthesis or socket must be done by your prosthetist.**

### Follow-up care and emergencies

Follow-up visits with your fitter are vital for your healing – don't skip any scheduled appointments. Always contact our office with any questions or problems. If you have trouble breathing, severe limb pain, high fever, or absence of color in the residual limb, call 911 or your local hospital.

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