



Trans-Femoral Prosthesis (Above Knee Prosthesis)

Your prosthesis has been created specifically for you.

Always follow specific instructions given to you by your doctor and practitioner.



Wearing & Break-in Schedule

Always check your skin after wearing your device. Any areas of pink should fade away after 10-15 minutes. If marks do not disappear after 10-15 minutes, or if you observe deep red marks, blisters, bruises, or sores, contact your practitioner immediately. If you have any concerns ***do not*** wear the device until you follow up with your practitioner.

It is important for you to follow the “break-in” schedule of wearing. Following this schedule allows time for your tissues to adjust to the new pressures on your bone and skin.

Break-in Schedule: Begin wearing your prosthesis for 15-30 minute intervals. Remove it earlier if you notice any pain or discomfort. Remove the prosthesis and check your skin for any redness that does not go away within 10-15 minutes. If marks do not disappear after 10-15 minutes, or if you observe deep red marks, blisters, bruises, or sores, contact your practitioner immediately. Gradually increase the time worn until comfortable full time wear is achieved using the following schedule:

Day 1 – Wear for 1 hr.

Day 2 – Wear for 2 hrs.

Day 3 – Wear for 3 hrs.

Day 4 – Wear for 4 hrs.

Day 5 – Wear for 5 hrs.

Day 6 – Wear for 6 hrs.

Day 7 – Wear for 7 hrs.

Day 8 – Wear for 8 hrs.

Day 9 – Wear for 9 hrs.

** Continue to add one hour each day until full wear is achieved. This usually takes at least two weeks.

How to put on your prosthesis

Prior to wearing your prosthesis, it is important to check the following things on your device and residual limb.

- Make sure your skin is *clean and dry*.
- Avoid the use of skin creams and salves prior to wearing the device.
- Examine your skin and look for abnormal redness, blisters, bruises, or sores. Using a mirror may be helpful if you have difficulty seeing any areas on the back of your leg.
- Make sure there are no cracks, rough edges, or worn areas on the device.
- Make sure any straps are secure on the device.
- Check your prosthetic socks and liner (if applicable), for worn areas or holes.