

## Amputee Rehabilitation: Above Knee Socks

In most cases, the amount of salt, water, and/or alcohol consumption can affect the volume of fluid in your body. This will have a direct effect on the size of your residual leg (stump). For this reason, the amount of socks that you wear may vary on a day-to-day basis. Additionally, the amount of socks you wear on a given day may change throughout the day, usually fewer in the morning and more in the evening as the residual leg (stump) shrinks slightly from the pressure of the prosthesis.

### When should you ADD a sock?

- If you feel that your “sitting-bone” or “bum-bone” is sliding off the seat of the prosthesis and into the socket. You may also feel increased pressure from the front top edge of the prosthesis or in your groin area.
- If you feel too much pressure directly on the bottom of your residual leg (stump). This is called “bottoming out”.
- If the socket feels too loose. You may feel as though you are “bell-clapping” (the side-to-side movement) or that you are pistoning (the up-and-down movement) inside the socket. The socket may also rotate during walking.

### When should you REMOVE a sock?

- If you feel too high in the socket or that the prosthesis is too long, the socks may be preventing you from fully settling into the socket.
- If you do not feel that you are taking your weight on the “sitting-bone” or “bum-bone”

### Remember:

The Nova Scotia Rehabilitation Prosthetics Department provides new patients with Hood prosthetic socks. The color coding is as follows:

	Green stitching = 5 PLY
	Yellow stitching = 3 PLY
	Pink Stitching = 1 PL

**Hand-wash your socks in lukewarm water, using a mild detergent. Lay flat to dry, or place over a 2-litre pop bottle. Never place your socks in the washer or dryer, as they will shrink.**