

Amputee Rehabilitation: Below 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 see redness on your kneecap (above the location where the pressure should be) and there is associated pain.
- If you feel pain over the small bone on the side of your leg , just below your knee joint.
- 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 settling into the socket fully.
- If you feel too much pressure on the front of your shin.

Remember:

The Nova Scotia Rehab 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.