

Amputee Rehabilitation: How to Add or Remove Socks

Always add or remove only one sock at a time. If you feel you need to add a sock follow the procedure below. To remove socks reverse the procedure.

1 ply:	Start with 1 cotton sock.
2 ply:	Add 1 cotton sock with the previous cotton sock
3 ply	Two options:
	<ul style="list-style-type: none"> • 3 cotton socks OR • One 3-ply wool sock with yellow stitching
4 ply	Add 1 cotton sock with the 3-ply wool sock
5 ply:	Two options:
	<ul style="list-style-type: none"> • One 3-ply wool sock (yellow stitching) PLUS 2 cotton socks or • One 5-ply wool sock with green stitching
6 ply:	Add 1 cotton sock with the 5-ply wool sock
7 ply:	Add 2 cotton socks with the 5-ply wool sock
8 ply:	Add a 3-ply wool sock (yellow stitching) with the 5-ply wool sock (green stitching)
9 ply:	Add 1 cotton sock with the 3-ply wool sock and the 5-ply wool sock
10 ply:	Use two 5-ply wool socks (green stitching)
11 ply:	Add 1 cotton sock with the two 5-ply wool socks
12 ply:	Add 2 cotton socks with the two 5-ply wool socks
13 ply:	Add one 3-ply wool sock (yellow stitching) with the two 5-ply wool socks
14 ply:	Add 1 cotton sock with the 3-ply wool sock and the two 5-ply wool socks
15 ply:	Use three 5-ply wool socks