

## **USING YOUR PROSTHESIS**

All sockets and liners should be wiped clean with a damp cloth and dried each night, to remove sweat and skin cells and prevent fungal infection and skin rashes.

Unless you have an adjustable ankle joint on your prosthesis, do not alter the height of your shoes without consulting the prosthetist as this will alter the alignment of your leg, making walking difficult and unsafe.

When you initially receive a prosthesis increase the time you wear it slowly, so that it does not rub you and cause blisters, just like new shoes can.

The residual limb will change in shape and volume with new sockets, the weather, weight changes and over a period of time. The clinical staff will show you how to use socks to keep a good socket fit.

Always wash your socks according to the manufacturer's instructions.

If you are wearing a sock over a silicon liner, ensure that the seal or pins are free from sock so that you do not affect the way that the socket stays on.

If you have a significant change in prescription or type of prosthesis, a course of physiotherapy would help you to learn how to get most of the new limb.

If you have a prosthesis which requires charging you should be given the manufacturers instructions. Follow these carefully. It is good to charge up your prosthesis every night.

Any information regarding warranties for your limb parts (components) will be issued to you in writing. For example, timely servicing will validate the warranty.

Do not try to adjust your prosthesis yourself unless you have been instructed to do so by the prosthetist.

Unless your prosthesis is a 'water activity limb' it must be kept dry, otherwise it may affect the mechanism, function and efficiency of the components.

Please contact Pace Rehabilitation if you have any problems with the fit, length or mechanical function of your prosthesis on 0161 428 5500 or [info@pacerehab.com](mailto:info@pacerehab.com).