



# Trans-Tibial Prosthesis (Below 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 using the following schedule:

Day 1 – Wear for 1 hr.

Day 5 – Wear for 5 hrs.

Day 9 – Wear for 9 hrs.

Day 2 – Wear for 2 hrs.

Day 6 – Wear for 6 hrs.

\*\* Continue to add 1 hour each

Day 3 – Wear for 3 hrs.

Day 7 – Wear for 7 hrs.

day until full wear is achieved. This

Day 4 – Wear for 4 hrs.

Day 8 – Wear for 8 hrs.

usually takes at least 2 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 and behind your knee.
- 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.
- Determine the correct combination of prosthetic socks as instructed by your practitioner. You may also reference the *Prosthetic Sock Patient Information Sheet*.
- Insert your leg into the socket of the device as instructed by your practitioner.

\*\* If you find any areas of concern or have questions, contact your practitioner before wearing your prosthesis.

## Precautions

- When sitting, try to keep your knee bent at less than a 45-degree angle. This alleviates pressure on the back of your knee.
- **Do not** wear your prosthesis to bed or during a shower or bath.
- Clean the socket of your device with hypoallergenic soap and water. **Do not** immerse the device in water.
- The key to a comfortable fit is to understand how your prosthetic socks are worn and wear them appropriately. See the *Prosthetic Sock Patient Information Sheet* for details regarding your prosthetic socks.
- **Always** wear your prosthesis with a shoe. If you change shoes this may change the heel height and alignment of your prosthesis. Please contact your practitioner to make appropriate adjustments.

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