



# Prosthetic Socks

Prosthetic socks come in different materials and thicknesses. Prosthetic socks are used to create an intimate fit between your residual limb and socket.

Prosthetic socks absorb friction, cushion impact, compensate for residual limb shrinkage or swelling to provide a way to adjust the fit of the socket. Always follow specific instructions given to you by your doctor and practitioner.



## Prosthetic Sock Thicknesses

The thickness of a sock is called “ply.”

The more ply a sock has the thicker the sock.

## How to determine the correct sock combination

Managing and wearing your prosthetic socks correctly is the key to a comfortable fit.

- Too few ply of socks = a painful, loose socket fit, and excess wear on components
- Too many ply of socks = a painful, tight fitting socket, and unable to get your residual limb into the socket.
- Different times of the day may require different ply of socks.
- Each time you wear your prosthesis you may require different ply of socks to obtain a proper fit.
- Determine the ideal combination of socks as instructed by your practitioner. Here are some general guidelines for finding the ideal number of ply.
  - Start by putting on the last worn ideal sock ply fit. Then insert your residual limb into the socket.
  - Your limb should go in with gentle pressure and when completely in the socket, be comfortable, and allow full flexion and extension
  - If your limb went in the socket *easily*, add socks to your limb 1-ply at a time until the ideal combination of socks is reached.
  - If the fit was overly *snug*, remove socks from your limb 1-ply at a time until the ideal combination of socks is reached.
- It is best to wear the correct ply fit with the least number of socks to achieve that fit. For example, wear one, 4-ply sock instead of two, 2-ply socks.

## Precautions

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

- Wear clean prosthetic socks every day. On hot and humid days you may find it necessary to put on fresh socks half way through the day. ***Do not*** wear socks for several days before washing. It is not good for the socks or for your skin.
- Make sure prosthetic socks are smooth and wrinkle free on your residual limb.
- Make sure the prosthetic sock is long enough to extend past the top of the socket.
- Prosthetic socks should be replaced after 1 year or less, depending on the level of use.
- Inspect socks for any worn areas, thin areas, rips, tears, or holes. If found, immediately contact your practitioner.
- Wash socks as per the directions from the manufacturer with hypoallergenic soap and water.