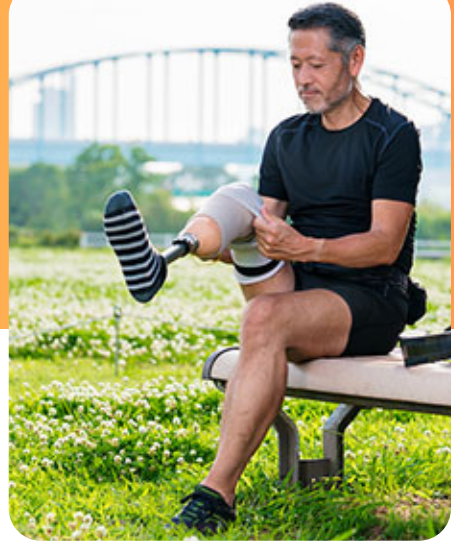


# Hill Country

## Orthotics & Prosthetics

### Getting Started with Your Below-Knee Prosthesis










### Recommended Wear Schedule





- Day 1** 1–2 hours, seated or standing only. Monitor skin closely.
- Day 2** 2–3 hours, including short periods of walking.
- Day 3** 3–4 hours with increased walking time.
- Day 4** 5–6 hours, with more time standing upright.
- Day 5+** Increase wear time toward full-day use as tolerated.

Gradual use allows your skin and residual limb to adapt. Inspect your entire residual limb after every wear session.

If any of the issues below occur, stop wearing the prosthesis and call your prosthetist.

-  Redness over bony areas (tibial crest, fibular head, distal end) that last for more than 30 minutes
-  Blisters or open areas
-  Persistent redness or pressure spots
-  Distal end pain or deep soreness
-  New pain, pressure, or skin breakdown
-  Prosthesis is making unusual noises or feels misaligned
-  Suspension system fails or feels unstable

Changes in your body and your activity level may require adjustment or replacement of your prosthesis. Contact your prosthetist if you experience the following:

-  Your limb no longer fits well inside the socket
-  You gain/lose weight, or your limb volume changes significantly

### Putting on Your Prosthesis

Clean and dry your residual limb before applying.

Apply your liner or socks as instructed. Adjust sock ply if the socket feels too loose or tight.

Add sock ply if your limb feels low inside the socket. Remove sock ply if the prosthesis feels too tight or causes pinching.

Slide into the socket, making sure your residual limb is fully seated at the bottom.

Fasten the suspension system (e.g., sleeve, pin lock, suction, vacuum).

Stand and walk slowly at first to test comfort and alignment.

### Care Instructions

Wipe the inside of the socket daily with mild soap and water or alcohol-free wipes.

Clean gel liners daily with warm water and gentle soap.

Air dry thoroughly before re-use. Store away from heat and direct sunlight.

### Shoes

Use a consistent shoe height and type to maintain alignment.

Avoid switching between heel heights without consulting your prosthetist.

### Notes & Reminders

Always bring your prosthesis and liner(s) to appointments.

Consistency with wear and hygiene improves comfort and success.

Keep a log of any discomfort or issues to review at follow-ups.

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