

PROGRESSIVE WEAR SCHEDULE

It is best to wear your prosthesis only with your Physical Therapist or Prosthetist. We will insure that you can put it on by yourself, before you take it home.

When you get the prosthesis, you may wear it for one hour, for light duty use only. Remove the entire prosthesis, including socks and liners if applicable. Look at your residual limb carefully. Use a mirror or friend if you are unable to see the entire residual limb. Light pink areas are normal and should go away in a few minutes. If you see any bright red spots, that usually indicates a high pressure area, and must be addressed by the Prosthetist.

If you are not having any fitting problems after one hour, you may wear it for one hour in the morning then one hour in the afternoon or evening, for light duty use. Remember, the prosthesis is new and must be broken in like a new pair of shoes.

Remove the entire prosthesis, including socks and liners if applicable. Look at your residual limb carefully. Use a mirror or friend if you are unable to see the entire residual limb. Light pink areas are normal and should go away in a few minutes. If you see any bright red spots, that usually indicates a high pressure area, and must be addressed by the Prosthetist.

If you are not having any fitting problems after one hour in the morning and one hour in the afternoon, you may increase to an hour and a half, or two hours at a time. You must look at your residual limb every time you remove your prosthesis.

Increase the time that you wear your prosthesis until you are comfortable wearing it most of the day. Always check your residual limb when you take your prosthesis off. Let the Prosthetist know immediately if you have any fitting problems. Small problems are easier to fix than big ones.