



# PROSTHETIC SOCKS

Prosthetic socks are to be used for daily volume fluctuations of your residual limb. Due to the trauma from surgery, other medical issues (i.e. diabetes, vascular disease, heart disease), or increased activity, your residual limb may lose or retain fluid. Prosthetic socks are worn over the gel liner to take up extra space in the socket and allow it to fit properly.

## HELPFUL TIPS

- It should take a little effort to “settle” into your socket. If it goes on effortlessly and drops quickly to the bottom, this is a sign that you should try adding a sock.
- Begin with the thinnest sock and increase as necessary to create a snug fit.
- Be sure that the sock is tucked under the seal so it can still maintain suction with the socket wall.
- Machine wash the socks regularly to keep clean of dirt, skin oils, and sweat.



**Prosthetic socks come in 3 thicknesses (‘plys’):**

**Yellow** Stitching.....1 ply

**White** Stitching.....2 ply

**Green** Stitching.....3 ply

**Blue** Stitching.....5 ply



## SOCK GUIDE

### DO I NEED TO ADD A SOCK?

#### Warning Signs of Wearing TOO FEW Socks:

- Pressure on distal femur
- Feeling of walking on the end of your limb
- Gapping between sides of socket
- Discomfort/pinching in the groin area
- Feeling of movement or instability within the socket
- Your socket spins or your limb or your foot rotates while walking
- Height feels short on prosthetic side/sudden onset of back pain

\*If adding sock(s) does not resolve the issues you are having, call your prosthetist for an adjustment.



## SOCK GUIDE

### DO I NEED TO REMOVE A SOCK?

#### Warning Signs of Wearing TOO MANY Socks:

- Gapping between end of limb and bottom of socket
- Excessive difficulty putting on your prosthesis
- Feeling of strangulation or numbness in your limb
- Discomfort/pinching in the groin area
- Firm, red skin and/or blisters at the end of your limb
- Height feels tall on prosthetic side/sudden onset of back pain

\*If removing sock(s) does not resolve the issues you are having, call your prosthetist for an adjustment.

- Socks come in different sizes and thicknesses.** As your volume changes throughout the day, you may need to add or remove a sock. *Socks can be layered atop one another, if necessary.*
- Your volume may change due to a variety of reasons.** Your medical history, medications, diet/salt intake, exposure to heat, activity level, frequency of wear, and shrinker use can all affect the volume of your residual limb.
- Always carry socks with you!** If you carry a purse, keep some socks in there. If you don't carry a purse, buy a bag to carry with you. If you have a car, put socks in your glove compartment or center console. Keep a stash in your desk at work. Make sure socks of varying ply are easily accessible to you throughout the day.