

Inland Patient Care Centers

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Inland Artificial Limb & Brace, Incorporated has five locations to best serve you. Our offices are located in Riverside, Temecula, Norco, Chino, and Anaheim. This allows us to service patients through out Orange County, Riverside County, and San Bernardino County without the hassle of long distance travel.

www.Inlandlimbandbrace.com

This brochure is not intended to be used as a substitute for professional medical advice.



680 Parkridge Ave
Norco, CA 92860

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Inland Artificial Limb & Brace, Inc.
Your Premier Choice for Orthotic and Prosthetic Services

General Information

After amputation, the residual limb is highly sensitive and often subject to irritation and injury. Therefore, **it is extremely important that you follow these procedures to take care of your residual limb.**

These procedures have been developed to assist in increasing the overall health of your residual limb and decrease discomfort when you first begin wearing a prosthesis



Wearing Guidelines

Care of Residual Limb:

Your residual limb should be washed daily. It should be done in the evening, as the residual limb should always be dry when putting on the prosthesis. It is best to use mild soap and warm water when washing your residual limb. It is also recommended that you pat dry your residual limb with a towel.

Desensitizing:

Massaging your residual limb usually decreases discomfort and increased circulation. Therefore, we recommend gently massaging the residual limb several times a day. Rubbing alcohol can be used when massaging one to two times a day as it aids in toughening the skin and preparing your residual limb for the future total contact fit inside the prosthesis. Rubbing alcohol should not be used if there are open areas present or you are advised against this by your physician. **NEVER! Use lotion or hand cream on the residual limb as it will soften the skin.** The goal is to have toughened skin, which will not break down inside of your prosthesis.

Care of Prosthetic Socks:

Amputees use prosthetic socks to maintain proper position of the residual limb inside the prosthesis. The prosthetic sock is also used to protect and cushion the skin, absorb perspiration, and aid in reducing friction between the prosthesis and residual limb.

Prosthetic socks are woven especially for their intended use and are available in a wide variety of materials, sizes, lengths, and thickness. Your prosthetist will determine the size that is best suited for you and generally you will be supplied with the following:

- a nylon sheath (worn next to the skin)
- a 1-ply poly-soft sock (white stretchable sock)
- a 3-ply wool sock
- a 5-ply wool sock

Caring for Your Prosthetic Sock

Care of Prosthetic Socks: (Continued)

You will be supplied with prosthetic socks, along with your first prosthesis. Should you believe that you require additional socks, please speak to your prosthetist about your concerns.

Prosthetic Socks

The number of ply relates to the thickness of the prosthetic sock and aids in maintaining proper fit of the prosthesis. A 5-ply is made out of five (5) threads of yarn, whereas a 3-ply sock is made out of three (3) threads of yarn. When the two socks are used together, there will be a total of eight (8) plies of sock on the residual limb. It is important to remember as the prosthetic sock becomes worn, thickness of the sock changes, i.e. and old 5-ply sock would now perhaps equal 3-ply sock.

It is very important to remember that the proper amount of socks that you should be wearing is what feels most comfortable to you. Should your prosthesis feel too loose, try adding a ply of socks. Should your prosthesis feel too tight, try decreasing the number of ply. Should the prosthesis continue to feel uncomfortable, please do not hesitate to contact your prosthetist.

Care

Prosthetic socks should be changed and washed daily in warm or cool water with mild soap. We recommend that the sock is washed separately and not with other laundry, as the dyes from other clothes can become imbedded in the prosthetic socks and may irritate the residual limb.