

Prosthetic Socks

Wear and Care Instructions

Wearing and Cleaning Instructions

- Put on one sock at a time, pulling on gently to eliminate any wrinkles.
- Make sure the locking pin is fully exposed, with no socks covering any part of the pin.
- Always put on clean socks and sheath each day.
- Follow the washing instructions according to the manufacturer's instructions.

When to Add Socks

- You may feel the socket (bar) pushing up under your knee cap. (below-knee only)
- There may be a red mark on your knee cap from the prosthesis. (below-knee only)
- You may feel pressure/burning in the groin area. (above-knee only)
- The end of your limb may hit the bottom of the socket or feel like it moves in the socket.
- The prosthesis may feel short.

When to Subtract Socks

- You may feel pressure or see a mark from the socket (bar) on your shin. (below-knee only)
- There may be a red mark on the shin of your leg. (below-knee only)
- You may feel your "sit bone" sitting on the prosthesis. (above-knee only)
- The end of your residual limb is not touching the bottom of the socket.
- The prosthesis may feel tall.

Half Socks

Sometimes it will be necessary to use half socks to adjust the fit in only the top or bottom of the prosthesis. These are full length socks that have been cut in half.

If you have skin irritation or ongoing discomfort with the use of your prosthesis; **discontinue using it immediately** and contact Berke Prosthetics & Orthotics at (650) 365-5861. If you have any questions about the use of your socks, please contact the office.