PROPER SEQUENCE FOR DONNING YOUR PROSTHESIS

1. **Nylon Sheath**

   This is a thin brown or white nylon stocking. This is worn against the skin at all times, whether with the shrinker or with the prosthesis.

2. **Prosthetic Sock**

   Most of your prosthetic socks are made of wool, but other materials are also used. The colored band of stitching at the top indicates the thickness of the sock. The sock(s) should be pulled up snugly, leaving no wrinkles. The correct sock combination is the one that requires the Foam Socket Liner to be worked into place.

3. **Foam Sock Liner**

   The liner is the white or orange foam cup that is the same shape as the inside of your prosthesis. The smaller rounded opening goes in the front, under your kneecap, and the larger, more squared off opening goes in the back of your knee. The liner should be worked fully into place before trying to put the prosthesis on. There should be a second nylon sheath on the outside of the liner to help slide it into the prosthesis. This second nylon may be glued to the liner.

4. **Prosthesis**

   The prosthesis (artificial limb) is slid over all the previous items, again with the smaller rounded opening in the front, under the kneecap, and the larger, more squared off opening in the back of your knee. If it cannot be slid on, you may have too many socks or too thick a sock.

5. **Suspension Sleeve**

   The last item is the elastic sleeve that keeps the prosthesis on your leg. This is black on one side (against your skin) and tan on the other (facing out). Once the prosthesis is fully in place, roll the sleeve up onto your thigh, making sure all the wrinkles are out. Once standing, give the top of the sleeve another pull to get it all the way up.