

## Prosthetic Socks for the Below Knee Prosthesis

### Why you need socks:

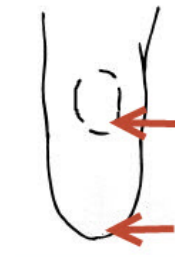
- The size of your limb will change from day-to-day and throughout each day. This can be caused by swelling, your diet, activity level, and medications.
- Your prosthetic socket does not change in size.
- You can add or remove socks to maintain a snug, comfortable fit.
- If you do not have the correct number of socks on, you can get wounds on your skin and pain in the socket.

### How socks work:

- The thickness of the sock is called the “ply”.
- You will receive 1 ply socks (thinnest), 3 ply socks, and 5 ply socks (thickest).
- You can add one sock on top of another sock to fine tune your fit.
  - Example: 5 ply sock + 1 ply sock = 6 ply thickness
- Apply socks one at a time and make sure socks are not wrinkled.
- If you wear a gel liner, add the socks after you put on the gel liner.

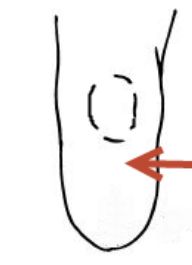
### You should add socks:

- If you feel pain or see redness at the bottom of your knee cap
- If you feel pain or see redness at the bottom of your limb
- If your socket feels too loose
- If your prosthesis feels too short



### You should remove socks:

- If you feel pain or see redness at the top of your shin
- If your socket feels too tight
- If your prosthesis feels too long



### If you wear a seal-in liner:

- Fold the seal over the bottom of the socks. Nothing should cover the seal.