

## General Device Information

### Device Cleaning

- Clean the device with mild soap and water
- Air dry
- Liners should be stored with the gel facing inward to prevent debris from sticking to it

### General Comfort

- Redness (present longer than 20 minutes after the prosthesis is removed), bruising, or other uncomfortable symptoms should be discussed with a prosthetist

### Weather/Environment

- Devices are not to be submerged in water, unless specifically designed for such an activity
- If device is exposed to salt or chlorinated water, rinse immediately with untreated water
- Limit exposure to extreme heat and sun

### When should I come in for an adjustment or repair?

Call to book an appointment if:

- Your activity level has changed
- The fit of your device has changed
- A change in weight has occurred
- Growth has occurred

## EXPECTATIONS OF CARE

RCC P/O staff should:

- Provide adequate information regarding device and care
- Consider client perspectives
- Provide functional testing and practice if required

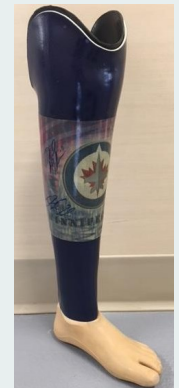
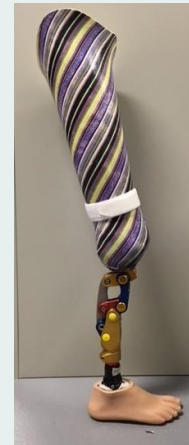
Prosthetic device users should:

- Use device as directed by clinicians
- Care for device as discussed
- Discuss any design concerns or questions about device with clinicians as soon as possible



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# A Clinical Guide for Lower Extremity Prosthetic Use



Rehabilitation Centre for Children:  
Prosthetics and Orthotics  
Department



# Prosthetics Appointments

## Evaluation and Casting:

At this appointment, your prosthetist will ask about your general medical history and perform a casting or scan of your limb.

**Appointment Length: 90 minutes**

*Following appointment booked for:  
1-3 weeks*

## Fitting (2-5 appointments):

Your clinician will assure proper fit and alignment of your prosthesis and perform modifications to the socket as necessary.

**Appointment Length: 60-90 minutes**

*Following appointment booked for:  
1-3 weeks*

Delivery: After confirming the final fit of your prosthesis, you will be taught how to properly:

- don and doff your device
- perform any specific functions of the device
- care and maintain the device

**Appointment Length: 60-90 minutes**

*Following appointment booked for:  
1-4 weeks*

Follow up appointment: Your prosthetist will confirm that your prosthesis is fitting and functioning well

**Appointment Length: 60-90 minutes**

\*Factors affecting the length of time before the next appointment may include:

- Living arrangements
- Componentry ordered
- Type of device

## LOWER EXTREMITY DEVICE OPTIONS

*DEVICES ARE CUSTOM DESIGNED FOR PATIENTS BASED ON MULTIPLE FACTORS SUCH AS AGE, PRESENTATION, AND OTHER CONTEXTUAL FACTORS*

### INTERFACE

Interface refers to the layer between your skin and the prosthesis. Some options include:

Masterflex liner – This liner accommodates growth, facilitates easy donning and doffing, and is often chosen with anatomical suspension methods. It may be used in combination with other interfaces

Roll on liners:

Silicone – This liner is particularly hygienic, soft but durable, and works best with pin-suspension systems

TPE – This liner can be thermomoulded to the shape of your limb if necessary. It provides more cushion for bony limbs

Socks – May used to help with volume control in socket

### SUSPENSION

Suspension refers to the way that we keep the prosthesis on your residual limb. Some options include:

Pin liner – This type of suspension is simple and easy for donning and doffing a prosthesis.

Suction suspension with one way valve – This type of suspension allows for a very tight, secure fit. It can be sensitive to changes in limb volume.

Anatomical suspension – Certain residual limb shapes allow for suspension of the device without extra componentry

### COSMETIC FINISHES

This refers to the way the prosthesis looks. Some options include:

Laminated patterns – A patterned material can be chosen to be fabricated over the outside of the prosthesis

Soft cover with nylon stockinette – This finish can be similar in appearance to the sound side limb. It is easily replaced, but not durable.

Soft or hard cover with DAW skin – This finish can be similar in appearance to sound side limb. It is more realistic and durable than a nylon stockinette, but more expensive to replace.

## DEVICE OPTIONS

### PROSTHETIC FEET

Prosthetic feet are chosen based on size, weight, and activity level. Some options include:

Elastic keel– This foot is very stable for young users just learning to walk, and is available in the smallest sizes. It is often chosen for very young patients.

*Example: Ottobock 1K10*

Single axis - This foot helps to improve knee stability in young patients who are learning to walk, or patients who may require more stability when walking. It is particularly good for patients with an above amputation, because it improves knee stability.

*Example: College Park Truper*

Multi-Axis—The design of this foot allows it to adjust position in multiple directions. This makes it great for accommodating uneven terrain.

*Example:*

Dynamic Response Carbon Fibre – This is the most common foot used. It provides a very natural walking pattern and energy return.

*Examples: Ossur Variflex Jr., Ossur Proflex*

Running Specific— There are a variety of feet available for running and participating in sports. The type of foot chosen will depend on the activities you want to participate in and the shape and length of your residual limb.

*Examples: Ossur Flex Run & Ossur Flex Run Jr., Ossur Cheetah Xplore*



Be sure to discuss all of your preferences, and the activities you hope to participate in with your prosthetic device with your prosthetist. We use this information to make specific design decisions, so that your prosthesis is just right for *you!*