Prosthetic Sock Management

Limbs may change in shape and size over the course of a day due to:
- postoperative swelling
- muscle atrophy
- changes in weight
- temporary reduction of fluids in the limb

Your Prosthetist will supply a variety of sock plys (thicknesses) ranging from 1/2-ply to 5-ply.

Adjusting the thickness of prosthetic socks can eliminate fitting problems and discomfort, such as:
- socket becoming too loose on limb
- pressure on the end of the limb, calf area, or under the knee cap

For a snugger fit, change to a thicker sock (i.e., from a 3-ply to a 5-ply) or add another 1- or 2-ply sock over the existing sock.

Pull socks on snugly. Make sure there are no wrinkles.

If a pin is being used, be sure it is fully through the hole, so the sock is not pushed into the lock.

WARNING: When adding and removing socks does not improve fit and comfort of the prosthesis, please contact your Prosthetist.

If you are wearing a gel liner with a pin, the socks will have a hole in the bottom to accept the pin.

If you are wearing a suction socket, the socks may not have a hole on the end.