

Below Knee (BK) Prosthesis with Liner and Sleeve

Your prosthesis and liners have been prescribed by your doctor with the goal of allowing you to return to walking and to activities of daily living. Improper use and care of the prosthesis will increase your risk of pain, skin sores, and other fitting or mechanical problems.

Putting the prosthesis on

- Turn your liner completely inside out and place it flat against the end of your leg.
- Roll the liner up with the palms of your hands, do not pull or use your fingernails.
- Add prosthetic socks over the liner as necessary (see sock handout).
- Push your leg into the socket.
- Roll the sleeve up at least 2 inches higher than the top of the liner on your thigh.



Cleaning

- Clean the gel side of your liner every evening with mild soap and water, rinse well.
- Let the liner air dry over night, with the fabric side facing out.
- Wash your skin daily with soap and water.
- You will get 2 liners, which should be switched every day.
- Clean the gel side of your liners once per week with rubbing alcohol, rinse well.

Wearing

- Begin wearing the prosthesis for 30 minutes, 3 times per day. Increase your wear time each day by 30-60 minutes, as tolerated.
- Wear your shrinker anytime you are not wearing the prosthesis.
- Check your skin every time you take off the prosthesis and liner.
- Go to physical therapy if prescribed by your doctor.
- Do not sleep or bathe in the prosthesis or the liner.
- Always wear a shoe on the prosthesis. Do not switch to shoes with a lower or higher heel height.
- Stop wearing the prosthesis and call Brownfield's to make an appointment if:
 - Any redness on your skin lasts longer than 20 minutes
 - Your skin is open, blistered, callused, or painful
 - Anything on the prosthesis breaks or makes unusual noises