

Timeline for Prosthetic Fitting

The following information will help you to understand the process you will go through to get your prosthesis. The process begins when you are fully healed from your amputation and your surgeon has cleared you to begin the steps towards getting your prosthesis. Healing time differs for everyone but is usually 5-8 weeks post-surgery.

Evaluation and Delivery of Shrinker

On your first visit we will get background information from you including your age, weight, address, phone number, prescribing physician and medical history. You will meet with your prosthetist who will ask you many questions about your activities prior to amputation, assess your strength and go over your goals with you. You will then be fit with a prosthetic shrinker for your residual limb. It is very important to reduce the swelling in your limb before we take a cast/mold of your limb to create your socket. The shrinker will force the extra fluids out of your limb and help us to create a better fit, longer lasting initial socket for your prosthesis.

You will wear your shrinker continuously for two weeks until your next appointment which will be to evaluate your limb for casting.

** Some insurance companies require that we get prior approval before we begin the procedures to build your prosthesis. We will work diligently to procure authorization but this may delay the process a week or more.

Casting of your Limb

* 2-3 weeks from Visit One

On your second visit, if your incision is healed or close to healed, your limb will be measured and casted to create the socket of your prosthesis. We will also take measurements of your sound leg to be sure the height of your prosthesis is accurate. From this casting, your prosthetist will create a "test socket".

Test Socket Fitting

* 1-2 weeks from Visit Two with consideration of insurance approval

On your third visit you will try on your test socket, created from the cast of your leg. This is a clear plastic socket that is used to check the fit of the prosthesis to be built for you. **You may need to have a second test socket done if there is any discomfort with the first or any significant changes in your limb.** We need to be very sure you do not have any areas of discomfort on your limb. We need to **ensure** a comfortable fit. During this appointment you will stand within the parallel bars in the test socket in order for your prosthetist to check for any points of pressure or discomfort. Please remember to bring the shoes that you will be wearing with your prosthesis to the next visit. Your prosthetist will give you guidance on the type of shoe to bring.

Fitting and Delivery

- * About 1 week from your final test socket fitting.
- * Bring the shoes with you that you will wear while using your prosthesis.

On your delivery visit you will be fit with your new prosthesis. Be prepared to get up and walk today! Your prosthetist will teach you how to properly use and care for your prosthesis as well as the use of prosthetic socks, which are very important to the correct fit and function of your new leg as it continues to change. (You will then walk in the parallel bars so that your alignment can be adjusted correctly to attain your most natural gait.) Your prosthetist will then check your leg to be sure there are no areas of irritation or redness and make any adjustments as needed. (Areas of redness that dissipate after removal of the prosthesis are normal but if you experience localized areas of redness caused by pressure that are not alleviated by the use of socks, call and make an appointment for an adjustment as soon as possible.)

If this is your first prosthesis, do not expect to wear it all the time right away. Your prosthetist and therapist will recommend a schedule of wear for you to add to each day until you are confident and stable on two feet again! We do recommend that new prosthetic wearers receive physical therapy so that you can learn to use your new leg effectively and correctly.

We will schedule you for a follow-up appointment from 1-2 weeks after delivery to ensure that your prosthesis is fitting well and address any concerns you might have. If you are feeling any discomfort before this appointment, please call right away for an earlier appointment!

**** Remember to use your prosthetic socks to correct any volume changes in your leg from walking in your prosthesis! Your leg will continue to change for several months after your prosthesis is delivered and your socks are your most important tool to retain a firm and correct fit.**

Please call at any time with any concerns or questions! Our job is to get you back to an active life and we are here to work with you to achieve your goals.

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Checklist

Evaluation and Delivery of Shrinker

——2-3 weeks for reduction in swelling and insurance procurement

Casting of your Limb

——1-2 weeks for creation of test socket

Test Socket Fitting

——1-2 weeks for creation of your prosthesis or second test socket**

Delivery of your Prosthesis

——1-2 weeks for follow-up appointment, as needed

** Please keep in mind that you may have to have multiple test socket fittings and this will delay your delivery – but it is more important to attain an accurate and comfortable fit than to rush into an uncomfortable prosthesis!!