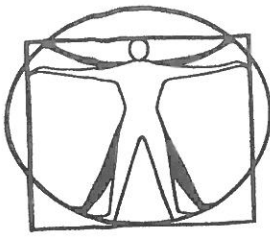


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Donning Your AK Definitive Prosthesis - Locking Liner

1. Turn your liner inside out so that the gel is now on the outside
2. Put the end of the liner against the end of your limb with the and roll it up your limb
 - a. The writing should now be on the front of your leg
 - b. The pin should be directly off the end of you limb
 - i. If it is to one side or pointed up/down the liner should be removed and redonned
3. Pull a sock on to your leg
 - a. If this seems too tight when you go into the socket, a sock does not have to be worn
 - b. If it feels like all the pressure when you stand is on the end of your leg, under you kneecap or both, try adding a sock

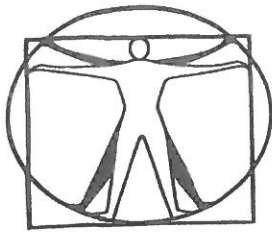


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4. Slide your leg and the liner into the prosthesis
 - a. Make sure the angle of your leg matches the angle of the prosthesis
5. Stand into the prosthesis and put your weight into it until you're settled into the prosthesis
 - a. You may need to put your weight into it a couple time until you're settled in
 - b. Listen for the pin to click in

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AK Prosthesis Break in Schedule

Day 1: 1-2 hours

Remove every hour and check skin

Day 2: 1-2 hours

Remove every hour and check skin

Day 3: 3-4 hours

Remove every hour and check skin

Day 4: 4-6 hours

Remove every 2 hours and check skin

Day 5: 5-7 hours

Remove every 2 hours and check skin

Day 6: 6-8 hours

Remove every 2 hours and check skin

Day 7: 8-9 hours

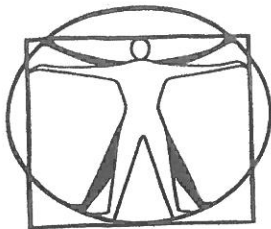
Remove every 2 hours and check skin

-If necessary break up wear time throughout the day.

-Reapply your shrinker after removing prosthesis or don your old prosthesis.

-*New Amputees - "Hours of wear" means that the prosthesis is on your limb. We do not expect you to be walking for hours at a time at this stage. If you are capable of **SAFELY** moving around you may do so.*

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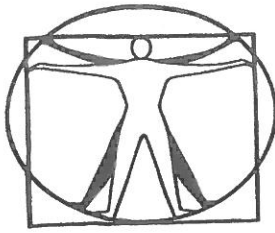
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Wear and Care of Your AK Definitive Prosthesis*

1. Sock

- a. You should be supplied with several different thicknesses
 - i. 1 ply
 - ii. 3 ply
 - iii. 5ply
 - iv. true ply thickness can change based on manufacturer
- b. Used to adjust socket fit as you limb will change in volume and size
- c. Higher activity, weather, diet etc., can affect how many socks may or may not be necessary as a day progresses
- d. Machine wash with cold water on gentle cycle, do not bleach, can be dried in a dryer
- e. Most insurance companies will pay for 6 1-ply socks, and 6 multi-ply sock yearly



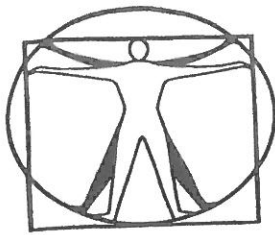
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2. Liner

- a. The gel should always be rolled on against the skin
- b. DO NOT try to pull on like a sock
- c. Hand wash/air dry only after every use
- d. Mild soap and warm water. Yanke Bionics recommends Dove or Ivory soaps
- e. Avoid fragranced and antibacterial soaps
 - i. if not fully rinsed from the liner they can cause skin irritation
 - ii. do not clean with caustic cleaners as they can damage materials i.e. alcohol, hydrogen peroxide, lysol, bleach etc.
- f. The plastic pole is a drying stand and is meant to hang the liner on after washing
- g. If using a gel style liner they should be alternated daily to allow for material rebound and longer useable life of the liner

It is recommended that your residual limb and supplies be hand washed daily after use. Pat dry your residual limb and always use clean socks and liners.



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We recommend follow up appointments for general maintenance every 3-6 months to check all components and supplies for premature wear.

*All information provided is recommended by Yanke Bionics Inc. for use with their provided devices. Please contact your prosthetist for their recommendations as they may differ.

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