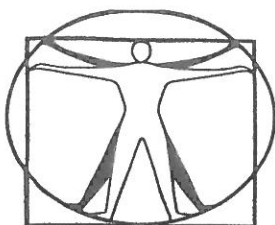


YANKE BIONICS

Prosthetic & Orthotic Patient Care

Donning Your Preparatory Prosthesis

1. Put on your sock
2. Pull the tan nylon sheath over the sock
3. Remove the liner from the prosthesis
4. Pull liner onto your leg
 - a. Make sure you kneecap matches up with the cut out in the liner
5. Smooth out nylon covering the liner
6. Slide your leg and the liner into the prosthesis
 - a. Make sure the angle of your leg matches the angle of the prosthesis
7. 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
8. Roll up the sleeve while you're standing if you are able
 - a. If not, place your heel firmly on the ground and push you limb into the prosthesis and use the flats of your hands to roll the sleeve up while pushing into the prosthesis



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Break in schedule - Preparatory Prosthesis

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

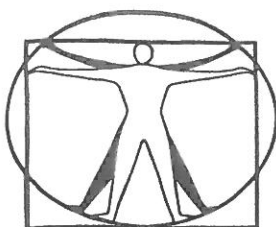
Remove every 2 hours and check skin

If necessary break up wear time throughout the day.

Reapply your shrinker after removing prosthesis.

“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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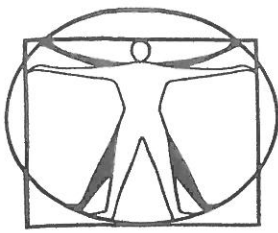
Wear and Care of Your Preparatory Prosthesis

1. Shrinker

- a. compression Sock
- b. can come in several different forms
- c. may be machine washed on gentle cycle with cold water to prevent loss of elasticity
- d. air dry
- e. may also be hand washed

2. 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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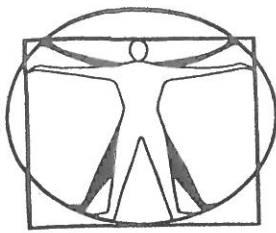
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3. Sheath

- a. thin nylon
- b. generally used to reduce shear against your skin. Allows for reduced friction
- c. can be machine washed on gentle cycle with cold water

4. Sleeve

- a. can come in several different materials
 - i. TPE
 - ii. silicone
 - iii. urethane
 - iv. neoprene
- b. used with suction, vacuum and preparatory prostheses
- c. hand wash/air dry only
 - i. this may be done daily but usually weekly is sufficient
- 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. will generally be changed by your prosthetist as necessary but some patients can be taught to change the sleeve by themselves if they are strong enough
- g. most insurance companies will pay for 2-4 new suspension sleeves yearly based on medical necessity. I.e. wearing thin or has holes, material stretching out, causing skin issues etc.



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5. Liner

- d. hand wash/air dry only after every use
- e. mild soap and warm water. Yanke Bionics recommends Dove or Ivory soaps
- f. 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

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.

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