Prosthetic Sock Changes for Below Knee Amputation

You may need to make changes to the socks you wear on your residual limb to maintain a good fit of your prosthesis and to decrease the risk of skin break down. Problems may occur because your leg is not going down into the prosthesis far enough or because too much pressure is placed on the end of your limb if your residual limb goes too deep into the socket.

If your limb is too far out of the socket
Discomfort or too much pressure happens if your leg is swollen, if you have on too many socks, or if the socks are too thick.
Pressure sites to check are numbered in the pictures below. These are:
1. Bony bump below your knee cap.
2. Bony bump on the outside of your residual limb below the knee. This is the top end of the fibula bone, also called the fibular head.
3. Bony bumps on the inside and outside of your leg above the knee. These bumps are the end of the upper leg bone called the femur.
If your limb goes too deep into the socket

Discomfort or too much pressure happens if too few socks are worn or if the socks are too thin. Pressure sites to check are numbered in the picture below. These are:

1. Bottom of your knee cap
2. Bony bump below your knee cap at the front of your leg
3. Bottom front of your residual limb (the larger long bone of your lower leg called the tibia)
4. Bony bump on the outside of your leg below the knee (the head of the fibula, the smaller long bone in your lower leg)
5. Outside end of your residual limb
6. Inside end of your residual limb at the tibia
7. Bony bump of the tibia at the inside of the leg, below the knee

If you find a red spot, blister, open area, or other skin problem, call your doctor right away.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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