Prosthetic Sock Changes for Below Knee Amputation

You may need to make changes to the socks you wear on your leg stump to ease pressure. The problems may occur because there is pressure out of the socket of the protheses, or because the pressure is created when the stump goes too deep into the socket.

**Pressure out of the socket**

- This happens when the leg is swollen, there are too many socks or the socks are too thick.
- Pressure sites to check are numbered in the pictures below.

1. Bony bump below your knee cap.
2. Bony bump on the outside of your stump 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.
Pressure because the limb goes too deep into the socket

- This happens if too few socks are worn or the socks are too thin.
- Pressure sites to check are numbered in the pictures below.

1. Bottom of your knee cap
2. Bony bump below your knee cap at the front of your leg
3. Bottom front of the stump. This is the larger long bone of your lower leg called the **tibia**.
4. Bony bump on the outside of your leg below the knee. This is the head of the **fibula**, the smaller long bone in your lower leg.
5. Outside end of stump at the fibula
6. Inside end of stump 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.