Shrinker Sock to Reduce Swelling for Leg Amputation

An elastic shrinker sock may be used alone or with elastic bandages to help control swelling in an amputated leg.

It may be best to stretch the sock before placing it on your stump if the stump is still very sensitive to touch and pressure.

The sock must be placed so that it is pulled tight against the end of your stump. No gap should be between the end of your leg and the sock.

Stretching the Sock

1. You need to hold onto the top of the sock with both hands. Your fingers should be on the inside of the sock and your thumbs on the outside.

2. Gather or scrunch the extra material down in your hands and pull to stretch out the sock until the bottom is flat.
3. Place the flat inside part of the sock against the end of your amputated leg.

4. Keeping the stretch on the sock, in one motion pull the sock up the leg. The material will slide from between your thumbs and fingers.

If you have a shrinker sock for an above the knee amputation, be sure the long side of the sock is pulled up around the hip. The short side of the sock should be pulled up into the groin.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.