



Prosthetic Sock Ply Management

Sock color-coding is not standardized across all manufacturers. Always refer to the packaging or consult your prosthetist or the sock manufacturer directly to confirm the ply (thickness) associated with each color.

Prosthetic Sock Ply Management (Alps)

- Blue - 1 ply
- Yellow - 3 ply
- Green - 5 ply

When to add (+) socks

- Pistoning - limb moving up and down in the socket while you walk
- Bell Clanging - limb moving back and forth within the socket as you walk
- Hissing/farting - air escaping socket as you walk

Other sensations to be aware of

- Prosthesis slides on/off too easy
- Feeling of looseness
- Pain on the distal end, on the kneecap, or bony protrusions
- Prosthesis rotating around limb, or “wobbly” while walking

When to remove (-) socks:

- Excessive pressure
- Throbbing
- Elongation - tight on top with bottom portion of the limb pulling downward

Other sensations to be aware of

- Prosthesis too hard to put on
- Pain on bony areas of the limb once the prosthesis is donned
- Limb not getting into prosthesis (not enough pin clicks)

This content is for informational and educational purposes only. It does not take the place of medical advice or treatment from a physical therapist or other healthcare provider. Please consult with a physical therapist or healthcare provider for specific health concerns or questions.

Skin Checks

Frequent skin checks are an essential preventative measure for amputees to identify signs of irritation, pressure spots, or early skin breakdown before they become serious issues. Regular monitoring helps prevent infections and complications that can result from unnoticed cuts, blisters, or prolonged pressure, especially in areas hidden by the prosthetic socket. Maintaining healthy skin not only reduces discomfort and pain but also supports optimal limb health and ensures consistent, comfortable prosthetic use for improved mobility. Checking your skin daily, especially after extended wear or increased activity, can help catch problems early, keeping you active, independent, and safe.

Inspecting Residual Limb:

- Look at your limb at least **twice a day**, especially **before and after wearing your prosthesis**.
- Use a **mirror** to check hard-to-see areas, especially along the incision line.

Look for warning signs:

1. Redness
2. Warmth
3. Pain
4. Swelling
5. Pus or fluid
6. Bad smell

Inspecting Intact Limb:

Toe and Foot Care:

- Check your feet daily.
- Watch for ingrown toenails, tell your podiatrist if you see one.

Calluses, Corns, Blisters, or Sores:

- Check all areas of your foot, including between toes.
- Don't cut calluses. Watch them for signs of drainage.
- Cover blisters with a clean bandage.
- See a podiatrist for any skin issues.

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