



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.