



## **Prosthetic Sock Management**

### **General Description:**

Many amputees wear prosthetic socks over their residual limb inside the socket of the prosthesis. These prosthetic socks come in a variety of thicknesses and materials. Prosthetic socks provide cushion, reduce and absorb friction, protect the skin, absorb perspiration, and compensate for shrinkage and/or swelling of the residual limb. As the residual limb matures it will begin to change size and shape. To maintain an appropriate fit of the prosthesis, different thicknesses of socks are added or subtracted to compensate for any volume loss or gain that has occurred. The prosthetic sock thickness and weight is represented by the term “ply”. As you increase in ply you increase in thickness. Below is a reference guide to sock ply and their thickness.

1 – ply (white) – Represented by an all white sock.

3 – ply (yellow) – Represented by an all white sock with a yellow ring around the top.

5 – ply (green) – Represented by an all white sock with a green ring around the top.

**These colors are indicative of a KnitRite prosthetic sock. Some manufacturers utilize a different color designation. If you have questions regarding sock ply, contact our office.**

You will receive several socks with your prosthesis. With this supply of socks you will be able to better manage your prosthetic fit. Every time you put on your prosthesis it is important that you are aware of how many ply you have on. If the socket is too loose, add a ply. If the socket is too tight, remove a ply. This process may need to be repeated throughout the day as your limb continually changes volume. It is ideal to have the best fit possible with the least amount of socks. For example, it is preferable to have on one 5-ply sock rather than one 3-ply and two 1-ply socks. Understanding prosthetic sock management is the key to avoiding skin breakdown and irritation. With the proper fit and follow-up, the chances of having a healthier limb will increase.

Sheaths are also available for the prosthetic wearer. Sheaths aid in wicking away perspiration and also help to reduce friction caused by excessive rubbing.

Wear clean and dry sheaths and socks every day. On hot and humid days or during periods of excessive perspiration, change socks and sheaths frequently.

If you have questions or concerns, please contact:

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