

## Prosthetic Office Visit Expectations

Welcome to Scheck and Siress. This may be your very first prosthesis or a replacement. The following paragraphs will help you to better understand the process we will take to get you into a comfortable, well fitting prosthesis. If you have any further questions, please feel free to ask your prosthetist.

### **VISIT #1: Evaluation and Casting**

During your first visit we will begin by getting information from you. This includes your name, address, phone number, doctor's name, your weight, height, medical history, and an assessment of your strength, activity level and goals. We will explain the prescription your doctor has written or discuss the prosthetic options available for you.

Secondly, we look at your residual limb to check for any sensitive areas and any swelling. If there is substantial swelling, we may fit you with a shrinker and send you home for 7-10 days until the swelling has reduced. A shrinker is a special elastic stocking that helps remove fluid from your limb. The shrinker must remain on your limb at all times of the day, even while sleeping. When the shrinker is being cleaned, an ace bandage or a clean shrinker should be wrapped on your limb.

If there is little or no swelling and no special circumstances, we will take measurements and/or a plaster impression of your residual limb. The measurements help us to ensure that the prosthesis will be fit specifically to your limb. We will also take measurements of your sound leg in order to match the final prosthesis to your leg.

### **VISIT #2: Test Socket Fitting & Dynamic Alignment**

**FOR THIS VISIT AND THE FOLLOWING VISITS, PLEASE REMEMBER TO BRING THE PAIR OF SHOES THAT YOU WILL BE WEARING MOST OFTEN!!**

Please allow yourself at least 2 hours for this appointment.

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<p><b>Arlington Heights</b> 617 E. Golf Road, Suite 108 Arlington Heights, IL 60005 847-437-3929</p>	<p><b>Bannockburn</b> 2101 Waukegan Road, Suite 104 Bannockburn, IL 60015 847-444-0690</p>	<p><b>Lincoln Park/Chicago</b> 2551 N. Clark St., Suite 200 Chicago, IL 60614 773-472-3663</p>	<p><b>Rush/Chicago</b> 1725 W. Harrison St. Suite 220 Chicago, IL 60612 312-942-2011</p>	<p><b>UIC/Chicago</b> 1740 W. Taylor St. Room C100 Chicago, IL 60612 312-996-6450</p>
<p><b>Hickory Hills</b> 8641 W. 95<sup>th</sup> St. Hickory Hills, IL 60457 708-599-8336</p>	<p><b>Naperville</b> 1551 Bond St., Suite 111 Naperville, IL 60563 630-637-4638</p>	<p><b>Oakbrook Terrace</b> 1S376 Summit Ave., Ct. E Oakbrook Terrace, IL 60181 630-424-0392</p>	<p><b>Oak Park</b> 401 Harrison Street Oak Park, IL 60304 708-383-2257</p>	<p><b>Schererville</b> 6629 W. Lincoln Hwy. (Rt. 30), Suite 1 PO Box 507 Schererville, IN 46375 219-864-9501</p>

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During this visit you will be fit in a clear plastic socket that was made from your plaster cast. We call this a check socket because we use it to check your fit prior to making the final socket.

During your appointment we will adjust the check socket as needed to get the best fit for you. While you are walking between the parallel bars, we will check for the correct height and also change the alignment of the prosthesis. Changing the alignment means to make changes which will improve your gait or how you walk and will also give you the greatest stability and comfort.

**VISIT #3: Fitting**

Please allow yourself at least 2 hours for this appointment.

During this appointment you will be fit in your final socket. This fitting is primarily to check that the final socket fits as well as the check socket and to verify the alignment. At this time, you will also be educated as to the proper donning of your prosthesis and how to determine the correct number of prosthetic socks to wear on your residual limb with your new prosthesis. By working with a physical therapist, this process will be reinforced.

During this fitting, tracings may be taken of your sound side leg. The tracings will be used to shape your artificial leg to match your sound side leg.

**VISIT #4: Delivery**

During this appointment we will deliver your new prosthesis along with a supply of prosthetic socks. We will check that the socket is still fitting properly and make sure that you understand how to put on and take of the prosthesis and how to take care of your prosthesis and socks.

If this is your first prosthesis, you cannot expect to wear it continuously right away. We recommend that you wear your new leg 30 minutes to an hour after breakfast, after lunch, and after dinner the first day and increase

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this wearing time daily. You should check your leg often for any irritation or pressure areas.

If this is your first prosthesis, we highly recommend that you obtain physical therapy to “reteach” you how to walk using a prosthesis. Your doctor can help you to arrange physical therapy or we can work with your doctor to help arrange it for you.

We would like to see you after you have used your prosthesis for a while to make sure everything is going well. Please make a follow-up appointment for 1 to 2 weeks after you receive your prosthesis so that we can check your progress.

At any time during this process, feel free to call our office with questions. We are concerned about your progress and will gladly answer any questions you may have.

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