

Prosthetic Office Visit Expectations – Lower Extremity

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

During your first visit we will begin by getting information from you. This includes your name, address, phone number, doctor's name, insurance information, your weight, height, medical history, and an assessment of your strength, activity level and goals. We will explain the prescription your doctor has written and 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. 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. It can be removed to clean or inspect your limb. When the shrinker is being cleaned, an ace bandage or a clean shrinker should be on your limb.

VISIT #2: Measurements and Casting

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 #3: 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. 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

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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.

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: Fitting

Please allow yourself at least 2 hours for this appointment. During this appointment you will be fit in a laminated socket. This fitting is primarily to check that the socket fits well and to verify the alignment. If everything fits well and no changes are needed, your prosthesis may be delivered at this appointment.

VISIT #5: Delivery

During this appointment we will deliver your new prosthesis along with any other supplies that might be needed for the fit of your prosthesis. We will check that the socket is still fitting properly and you are walking well. At this time, you will also be educated as to the proper donning, doffing, and care of your prosthesis and supplies. By working with a physical therapist, this process will be reinforced.

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 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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