

What to Expect After Getting Your Prosthesis

Prosthetic Gait Training

After receiving your prosthesis (artificial limb), you will need to undergo gait training. These physiotherapy sessions will teach you how to use your prosthesis safely before taking it home. You will also learn basic stump management and how to care for your prosthesis.

Wearing-in Time

Initially, you should only wear your prosthesis for short periods each day to allow your skin to adjust. This prevents putting too much stress on your skin. Wearing-in time varies for each person. Your prosthetist and physiotherapist will help you create a suitable wearing-in schedule.

When will You Need to Replace the Prosthetic Socket?

Your first socket may need replacement about 18 months after fitting. It is common for your stump to change in shape and size during the healing process. This occurs differently for all amputees. The socket may become loose and uncomfortable. When this happens, the prosthetic socket can be replaced while reusing the remaining parts, depending on their condition.

Opening Hours

Monday – Friday 8.00am to 5.00pm

Foot Care and Limb Design Centre
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Scan the QR Code with your smart phone
to access the information online or visit
<https://nhghealth.com.sg>



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Department of
Prosthetics and Orthotics

A Guide for Below Knee Amputees



We are Here to Help Achieve Your Goals

The period before and after amputation may be challenging, both emotionally and physically, for you and your family.

With the support of a prosthetic leg, many amputees are able to return to their previous activities and lead fulfilling lives.

Our team of prosthetic and rehabilitation professionals is here to support you throughout your journey.

This guide provides an overview of what to expect after amputation and introduces you to the healing process, hospital stay, and prosthetic rehabilitation.

Your Rehabilitation Team

Several healthcare professionals will be involved in your care, including:

- Prosthetist
- Occupational Therapist
- Surgeon
- Rehabilitation Medicine Doctor
- Nurses
- Podiatrist
- Physiotherapist
- Medical Social Worker

After Your Amputation

Following surgery, the medical team will focus on wound healing. Your wound will be regularly checked and monitored. You may be required to wear a stump shrinker sock to help manage pain, control swelling, and protect the wound. The shrinker sock also helps shape and prepare your amputation stump for prosthetic rehabilitation.

After Discharge

You will be given an Amputee Clinic appointment about three to four weeks after discharge, or when your wound has healed. During this appointment, you will meet your prosthetist to discuss your suitability for a below knee prosthesis.

Physiotherapy and Exercise After Discharge

Your Physiotherapist will go through exercises to prepare you for prosthetic rehabilitation. Regular exercise will help you maintain and improve muscle strength, joint flexibility, and general wellbeing.

Stretching exercises, particularly for the hips and knees, are extremely important in preventing muscle contractures or tightening that could affect your use of a prosthesis in the future. It is important to follow the exercise schedule recommended by your Physiotherapist.

What Not to Do After Amputation?

To prevent contractures, avoid prolonged bending of the knee. Do not place pillows under your knee or between your thighs when lying down or in bed.



What is a Below Knee Prosthesis?

A below knee prosthesis is an artificial limb for below knee amputees. It has three main parts:

- Socket – fits over your stump
- Pylon – connects the socket to the foot
- Foot – prosthetic replacement of your foot



Each component is selected by your prosthetist according to your individual needs and activity level.

Prosthetic Accessories

The completed prosthesis has a foam covering to protect the parts and improve its appearance. The prosthesis may also come with accessories such as sleeves or belts to secure it to your stump.

Shoes

The prosthesis must always be worn with shoes. Wearing it without shoes will be uncomfortable, difficult to use and may damage the prosthesis. Ideally, your shoes should have comfortable support with shoelaces and a closed front, e.g. running shoes.

Prosthesis Fabrication and Fitting

All prostheses are made on-site at the Foot Care and Limb Design Centre and are fitted by your prosthetist. After fitting, you will begin gait training with the prosthesis.