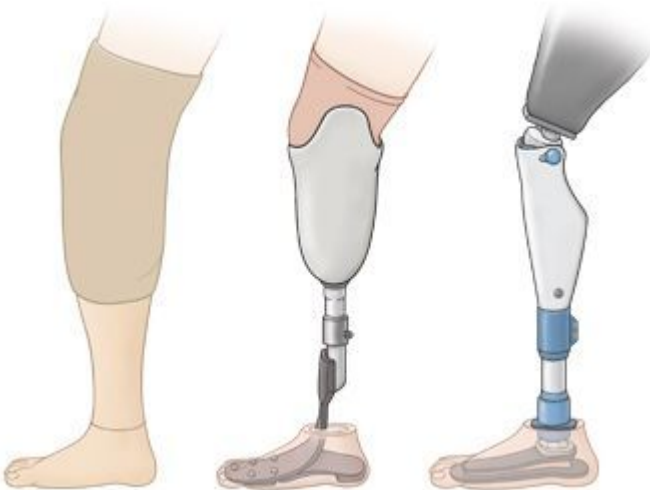


# Theoretical Rehabilitation



During your first year of prosthetic use, you may see your Prosthetist between 5-15 times, depending on if you have complications with your healing process or prosthetic fitting. Expect normal changes in the size and shape of your limb as it typically shrinks over time before stabilizing and maturing.



## Serving a Location Near You

### Philadelphia County

1500 South Columbus Boulevard  
2nd Floor  
Philadelphia, PA 19147  
(215) 271-9476

### Delaware County

2711 Edgmont Avenue  
Brookhaven, PA 19015  
(610) 894-9476

### New Castle County

550 South College Avenue  
Suite 111  
Newark, DE 19713  
(302) 894-9476

### Kent County

4092 North DuPont Hwy  
Dover, DE 19901  
(302) 744-9476

### Sussex County

19160 Coastal Highway  
Unit A  
Rehoboth, DE 19971  
(302) 212-5552



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## Theoretical Prosthetic Rehabilitation Timeline



Your First Year Using a Prosthetic Device

[IndependencePO.com](http://IndependencePO.com)



## In your first month...

- Amputation surgery should occur.
- You will have your initial meeting with your Prosthetist.
- After your stitches are removed, you will start wearing a “stump shrinker” (24/7) over your residual limb to keep swelling and volume in your limb down.

## In your second month...

- Initial fittings with diagnostic/check socket(s) and then hopefully, be fit with your initial prosthetic device.
- Gradually increase prosthetic waiting time from a few hours to all day, assuming there are no issues.
- Start learning to use prosthesis:
  - Donning liners and socket
  - Cleaning liners
  - Caring for your residual limb
- Start Physical Therapy (PT) 2-3 days a week using a walker, crutches, or cane.

## In your 3rd, 4th, and 5th, month...

- Continue PT and ambulate using a walker transitioning to a quad or single-prong cane and then to use of NO assistive devices (depending on personal progress)

## Months 6-12...

- At this point in time, you should be wearing your prosthesis all day, every day
- You could possibly be fit with a socket replacement or your definitive prosthesis, based on maturation of your residual (amputated) limb.
  - This can depend on if your limb has gained or lost any volume/size.
- PT should be completed and if rehab went well, you could be ambulating with no assistive devices, assuming no major medical issues