

Sock Ply Management



People with lower-limb amputations wake in the morning with their prosthetic device fitting correctly but, by the end of the day, it can feel loose and uncomfortable. There is a simple explanation and solution to this problem.

The human body's fluid level changes throughout the day. In the morning, an amputee's limb may be slightly swollen, causing the prosthetic to fit and feel snug. But as the day goes by, the swelling reduces, causing the prosthetic to feel loose.

Relieve your discomfort by changing the ply, or thickness, of your prosthetic sock.

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Prosthetic Sock-Ply Management



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Important Tips

It is important to consider...

- Prosthetic socks are used to make-up for lost volume in your limb.
- It takes time to learn how to manage sock-ply.
- You must try different sock-plys to figure out what makes you comfortable while wear your prosthesis.
- Socks tighten the fit of your prosthetic device.
- Socks come in various sizes and thickness.

- A 1-ply sock is thin, 3-ply is thicker, and 5-ply is the thickest.
- Socks can be layered on top of each other
- A 1-ply sock can be pulled over a 3-ply or 5-ply sock
- You may not need to use socks in the morning when you put your prosthetic device on, but as the day progresses, you may need to add socks by the late morning or afternoon due to loss of limb volume.

- When putting socks on, do not stretch them out. Only pull them tight enough to smooth any wrinkles.
- If you pull socks too tight, they will not benefit your limb volume changes.
- If you use a pin or lanyard gel liner, be sure to not get the socks caught over the pin before you put your prosthetic device on.
- Add socks if you feel like your limb is hitting the bottom of your socket or if the top of your socket is pressing uncomfortably on your skin/bone.
- Remove socks when the socket feels tight, creating a throbbing feel.
- If you have questions or concerns with your sock-ply management, contact your prosthetist.