

## Donning a Transtibial Protector

Your physician has ordered a transtibial protector to help protect your residual limb from bumps or falls and prevent your knee from developing a knee flexion contracture (becoming fixed in a bent position).

1. Change dressing as directed by your physician/surgeon.
2. Don a clean shrinker over the dressing, if ordered by your physician. If no shrinker is ordered, don a soft sock directly over the dressing. Open the sides of the protector and place under the leg, directly behind the knee. The knee cap should be in the center circle cut out of the protector. Place the two blue foam pads at the bottom, be careful not to compress the bottom of the residual limb. Fold over the two sections of the protector, do not pull too tight.
3. Reflect the sock over the top of the protector to protect the limb. Secure sock to the Velcro on both sides.
4. Secure the bottom of the protector with the “4-leaf clover” shaped strap. Be sure not to make it too tight.
5. Fold the smallest rectangular strap in half, length-wise. Place the fold just above the kneecap. Once the fold is in position, lay the strap flat and reflect the onto Velcro snugly. This is the most important strap, and should be snug, but not overly tight. Keep in mind, this is the main suspension mechanism to keeps the protector suspended.
6. Secure the triangular-shaped strap (you will see “Flotech” written in white lettering) above the knee. It will overlap the reflected sock from Step 3. The point of the triangle should face the knee.
7. Place the largest rectangular strap across the bottom of the protector, overlapping the clover leaf strap near the bottom. Be sure not to make this strap too tight.

### Troubleshooting

If the protector continues to slide off and rotate, check the smallest strap. Make sure it is properly placed above the kneecap and that it is secure and snug.

Cleaning Instructions The inside of the protector can be wiped down with an antibacterial wipe or washcloth with soap and water.

### Wearing Schedule

The protector should be worn for about 20 hours daily and especially while sleeping at night. The protector must be worn during all transfers. If you are able, you may take the protector off every 4 hours while in bed and bend the knee as tolerated and instructed by your physical therapist or surgeon. The protector may slide down the leg throughout the day, be sure to pull it up so your kneecap fits in the circular opening.

After gaining confidence in the above exercises, practice shifting your weight through hip movement while taking a step forward. Start with one or two steps on each side and move on from there. Please reach out to the nearest P&O Care Ottobock.care clinic with questions or concerns.

## Transfemoral Shrinker

Your physician has ordered a transfemoral residual limb shrinker. A shrinker is a type of compression garment that is placed over the dressing to help reduce swelling in your residual limb. While wearing the shrinker, many patients often report a decrease in phantom pain and find it comfortable. The shrinker should be worn 23 hours daily, with a clean shrinker put on at least every other day and/or changed if soiled. Care instructions and directions on how to put on the shrinker are provided below.

### Donning a Transfemoral Compressogrip Shrinker

Cover any open wounds or sores with appropriate dressing as directed by your physician or surgeon.

1. Position the white ring on a clean compression grip shrinker so that 1/3 remains below the plastic ring.
2. Place the short end of the shrinker into the bucket and reflect the longer portion over the top of the bucket. Move the shrinker down onto the bucket until the shrinker is tight across the top. The top of the can should look like picture 1 when the shrinker is pulled snugly over the bucket. There will still be 1/3 of the shrinker hanging inside the bucket. Snug up the small plastic ring inside the bucket (Picture 1). Make sure to roll the shrinker onto the patient so that the lower side of the shrinker fits up into the groin and the longer section fits just above the amputated side.
3. Push the can on the residual limb to safely don the shrinker and protect the incision line (Picture 2). Pull the lower side of the shrinker up into the groin. Avoid any skin between the groin and the shrinker. The higher side (with the waist belt) should be positioned just above the hip. Gently snug the white plastic ring to the end of the residual limb.
4. Place hands inside the bottom 1/3 of the shrinker at the end of the limb and make a half-turn/twist with this segment. It is best to have two sets of hands to help with the donning process: Have one pair of hands spread the top and bottom of the shrinker and another set of hands spread apart the sides. Evenly pull the reflected portion up onto the first layer. This reflected layer should be slightly more than half the length of the first layer.
5. Secure the belt comfortably around the waist with the Velcro provided. Many patients prefer for the waist belt to be worn underneath the undergarments to make toileting easier.
6. Periodically check the shrinker throughout the day as it may have shifted or slid down the groin. Avoid wrinkles in the shrinker.

**Sizing:** If your shrinker will not stay on your residual limb and you believe your shrinker is too big, contact your prosthetist.

**Cleaning:** The shrinkers may be hand or machine washed on the delicate cycle and hung dry. Do not put it in the dryer.

Please call P&O Care Ottobock.care if you have any questions or concerns.