

## Liners

The liner is a protective cover made of a flexible, cushioning material. Worn over your residual limb, it reduces movement and chafing between the skin and the socket. Liners are designed with specific characteristics to work with different suspension systems.

## Liners Wearing Schedule

When receiving a new prosthesis whether it be your first or fifth it is important to follow a wearing schedule!

Typically, you want to start by wearing a new prosthesis for one hour per day.

As the days progress add one more hour per day for the next 4-5 days and then 2 hours per day after that. By the end of two weeks, you should be wearing your prosthesis full time.

During this time, it is essential that as wear time increases so does monitoring your skin. For every extra hour you wear your prosthesis you should check your skin one more time per day.

## Putting on a roll-On Liner

1. Liners should be put on after turning completely inside out.
2. The end of the liner should be placed directly to the end of the residual limb and rolled up until the liner has completely reflected onto the limb.
3. **Do not pull the edges of the liner up onto the limb as this can trap air or pull at skin.**
4. Once the liner is rolled up the limb, you can reduce pulling at the top edge of the liner by sliding a finger under the first 2" of the liner all the way around the limb. This allows the skin to relax at the top edge of the liner which will reduce the chance of irritation or blistering.
5. To remove the liner, the edge should be rolled back down the limb the same way it was put on. Completely inverting the liner so the inner surface is now visible.
6. **Tip:** Make sure the liner is completely inverted before rolling the liner up the limb. An air gap between the limb and liner can cause fit issues, pain or blistering.

## Cleaning your Liner

The inside of the liner should be **cleaned every night** with antibacterial soap and warm water. Pat the liner dry and roll the liner on itself so the inside of the liner does not have prolonged air exposure. This can significantly shorten the life of a liner by drying out the cushion material which makes up the inside of the liner. Baby wipes are **not** a suitable substitute for washing a



liner with antibacterial soap and water. You should always inspect your liner daily for wear and tear, cuts, slices, cracks or holes.

**Please see your liner manufacturer's website for any cleaning instructions specific to your liner.**

## Pin Lock Tips

When putting on a pin lock liner it is very important that the pin is on the very bottom center of your limb and also straight both from the front and side view of your limb. It might be helpful to think of a line being drawn straight down your limb. The pin should follow the straight line both from the front and side views of your leg. By having the pin extend straight from your leg, it lines the pin up to engage the locking mechanism in the bottom of the socket. While sitting push your limb with liner into the socket all the way down to the bottom until you hear a click letting you know the pin is locked into the locking mechanism. After hearing the click try to push the leg off to ensure the leg has locked on. **Please be sure to hear at least 2 clicks before attempting to stand into the socket.** If unable to push leg off, you should be locked in and ready to stand. When you stand you may hear more clicks as the limb settles down into the socket. It is not uncommon to hear a click or two when you begin walking.

## Applying a Sock Over the Locking Liner with a Pin

You have applied your locking liner over your residual limb & the locking pin is facing straight right in the middle of the bottom of your limb. It is now time to apply the appropriate sock over the liner with pin.

1. There is a hole in the bottom of the sock for the pin to go through.
2. With both hands scrunch the sock all the way down to the bottom so you can see the whole.
3. Place the pin on the liner through the whole & begin to pull the sock up.
4. When sock is halfway up, look to see the pin & feel the bottom to make sure the pin is through the whole.
5. If you do not see or feel the pin remove sock & start again.
6. If you do see & feel the pin pull the sock the rest of the way up & again look and feel for the pin.
7. You must make sure every time you apply a sock you do through this process.
8. If the sock is not through the hole you clicked into the locking mechanism with the sock over the pin your leg will not unlock or come off.



## **Taking off a Pin Lock Prosthesis**

Start by reaching down and pressing in on the release button of your prosthesis with one hand. It is sometimes helpful to use your opposite hand and push down from the top edge of the prosthesis while pulling your limb out of the prosthesis. You must keep the release button pushed until the limb is out of the socket to ensure the pin does not catch in the lock while removing.

## **Seal in Liner Tips**

Use a quick drying lubricant, such as hand sanitizer on the seal portion of the liner after putting it on, and just before putting the liner into the socket to allow the seal to slide into the socket and then evaporate. This will allow the limb to slide to the bottom of the socket when applying weight and standing. It will take a short time for the sanitizer to dry so before walking make sure the limb is all the way to the bottom of the socket, lift leg up and it should not slip. If it does not slip & is all the way to bottom you are ready to begin walking. With seal in liners, it is sometimes necessary to stand and “milk” into the prosthesis. This means as you stand and put pressure the limb slides into the socket and trapped air inside the prosthesis is let out through a one-way valve on the bottom. Milking into the prosthesis is the process of short pushes down into the socket to allow the limb to slide in and air to escape. You may need to do this process a few times after standing and before walking to make sure your limb is fully seated in the socket.

## **Lanyard Liner Tips**

Roll on the liner making sure that the Velcro is facing forward. The lanyard should be lined up directly down the front of your limb. The lanyard should be inserted into the prosthesis and the strap should easily come out hole in the bottom of your socket. Pull the slack out of the strap as you slide your limb into the socket. Secure the strap on the socket. When you stand you may have settled deeper into the socket, so it is important to readjust the lanyard strap before you walk to make sure there is no play between the liner and socket.

