

Sock Ply Management

Prosthetic socks are used to adjust the fit of a prosthetic socket. Once a prosthesis is fabricated, your residual limb may change in volume, becoming bigger or smaller. To adjust fit you will need to add or remove socks. These changes can occur daily and even hourly. **Extra socks should be taken with you wherever you go.** You should have been supplied with socks of varying thicknesses at delivery. Prosthetic socks may be used in combination with socks of other thicknesses. For example, a 1 ply with a 3 ply makes a 4 ply fit. Always start with a 1 ply and add 1 ply at a time until the fit feels correct. Socks are usually color coded, ask your prosthetist for a ply to color conversion.

When to add socks

1. Prosthesis slides on too easy
2. Feeling of looseness
3. Pain on the distal end, on the kneecap, or bony protrusions
4. Prosthesis rotating around limb, or “wobbly” while walking

When to remove socks

1. Prosthesis too hard to put on
2. Pain on bony areas of the limb once the prosthesis is donned
3. Limb not getting into prosthesis (not enough pin clicks)

