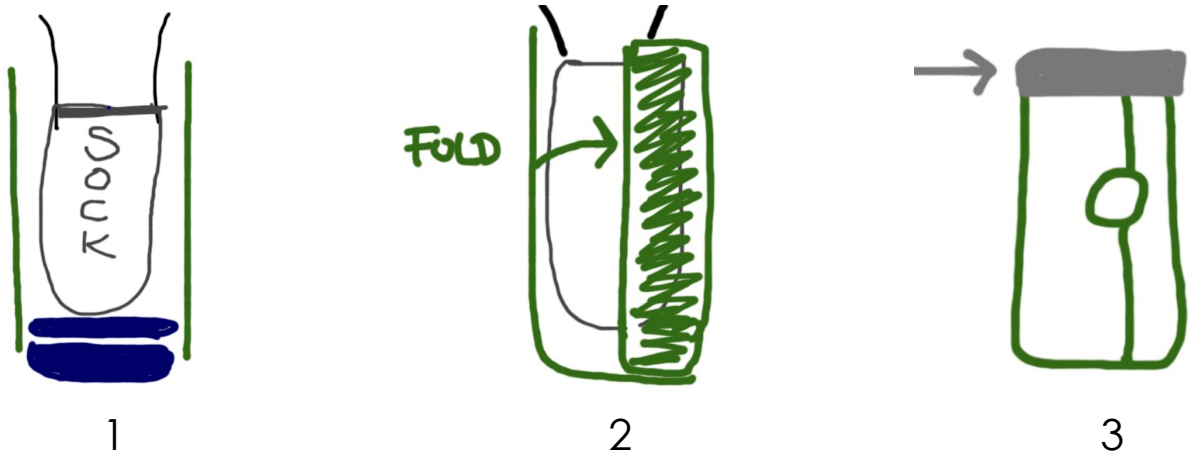


DONNING A TRANSTIBIAL PROTECTOR

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 softsock 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 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. (Figures 1-2)
3. Reflect the sock over the top of protector to protect the limb. Secure sock to the Velcro on both sides. (Figure 3)



4. Secure the bottom of the protector with the “4 leaf clover” shaped strap. Be sure not to make it too tight. (Figure 4)
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,



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Patient Education:
Transtibial Protector

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 wash-cloth with soap and water.

Wearing Schedule

The protector should be worn 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.

Call P&O Care if you have any questions or concerns.