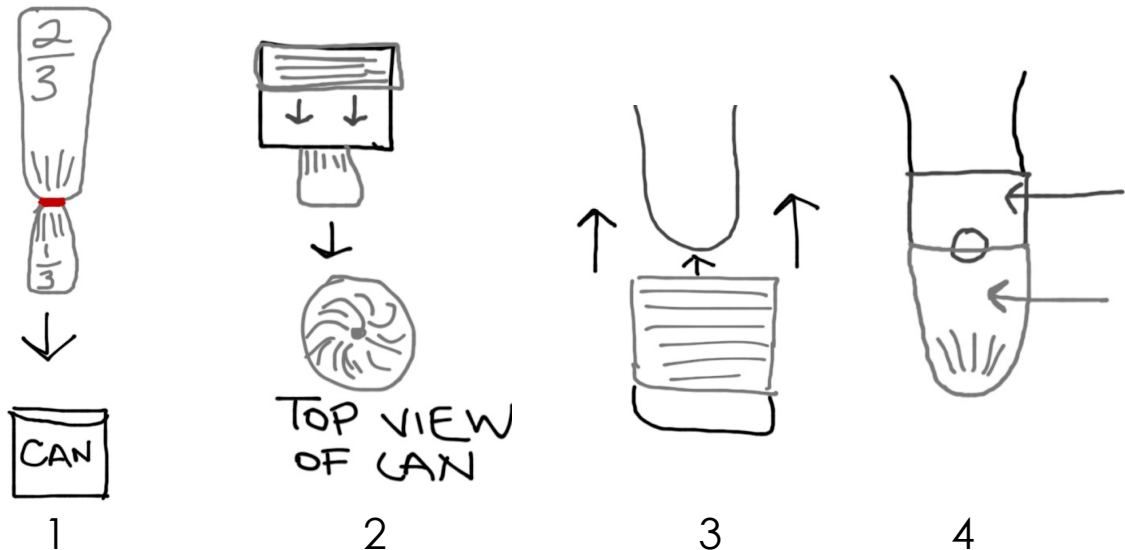


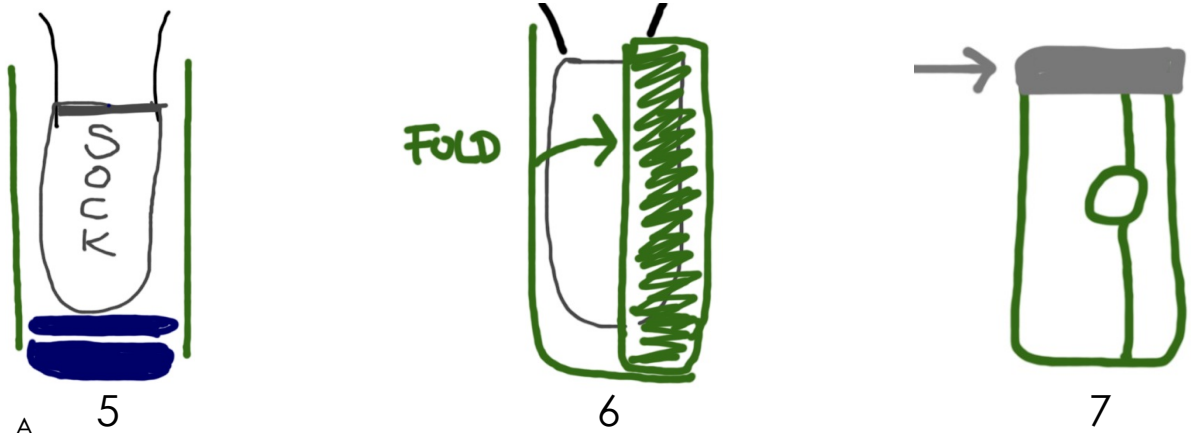
## DONNING A TRANSTIBIAL PROTECTOR and SHRINKER

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. To don a clean shrinker directly over the dressing, position the white ring on a clean shrinker so that 1/3 remains below the ring (Figure 1).
3. Place the shrinker inside the bucket and reflect over the top. Work the shrinker down the sides of the can/bucket with the palms of your hands until the top is tight along the top of the can/bucket as in Figure 2.
4. Push the can/bucket onto the residual limb. It may help if you exhale as you push on the shrinker. It should come up about 3" above the knee cap. (Figure 3)
5. Gently snug the plastic ring at the bottom of the limb, do not over tighten. Twist the bottom of the shrinker 1/2 turn and with a second pair of hands from a helper/nurse/family member, spread the shrinker top to bottom and side to side. Patient should exhale as the bottom part of the shrinker is reflected onto the limb. This second layer **should be shorter than the first layer** to be effective. (Figure 4)



6. Using the can or bucket, don a softsock directly over the shrinker in the same way the shrinker was donned (reflecting it over the sides of the bucket). If you prefer, you may wear sweat pants/yoga pants over the dressings instead of using the provided sock.
7. Open the sides of the protector and place under the leg. The knee cap should be in center circular cut out in the front. 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 5-6)
8. Reflect the sock over the top of protector to protect the limb. Secure sock to the Velcro on both sides. (Figure 7)



9. A
5. thick black Velcro scrap with a silver “D” ring should be affixed to the protector just above the knee. **This is the most important strap, and should be tightened down just above the top of the knee cap, but not overly tight.** Thread the strap through the D ring and secure snugly. Keep in mind, this is the main suspension mechanism to keeps the protector suspended.
  6. Secure the bottom of the protector with the “4 leaf clover” shaped strap. Be sure not to make it too tight. (Figure 4)
  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, it just functions to keep the bottom of the protector together
  8. If desired, you may use the triangular shaped strap (you will see “Flotech” written in white lettering) above the knee. It will overlap the reflected sock from step 3 and the strap from step 7. The point of the triangle should face the knee. This strap is not essential, and can be omitted to allow for additional air flow.

### Troubleshooting

If the protector continues to slide off and rotate, check thick Velcro strap with the silver “D” ring. Make sure it is properly placed above the kneecap and that it is secure and snug. If there is too much space between the end of the limb and the bottom of the shrinker, you may use both blue foam pads or wash cloths as needed. Do not compress the bottom of the limb.

### Cleaning Instructions

You should have been provided with a second shrinker and soft sock. We advise examining the wound daily, or as directed by physician. The same shrinker and socks can be worn until soiled. The shrinkers and socks can be handwashed with soap and water and air-dried. We do not recommend machine wash or drying. The inside of the protector can be wiped down with an antibacterial wipe or clean wash-cloth with soap and water.

### Wearing Schedule

We advise the shrinker to be worn 24 hours daily, except during dressing changes or bathing as directed by physician. 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.**