

DANKMEYER

PROSTHETICS & ORTHOTICS

CARE INSTRUCTIONS FOR YOUR SHRINKER SOCK **AND** **DESENSITIZING EXERCISES**

SHRINKER SOCK

The purpose of the shrinker sock is to reduce the edema (swelling) in your residual limb and to begin shaping the limb in preparation for a prosthesis.

You should wear your shrinker sock as close to 24 hours a day as possible, removing it only for bathing and skin inspection.

The shrinker sock must be pulled up until all wrinkles are no longer present. The sock should be removed at least three times each day for skin observation. While the sock is off, examine your skin for any blisters or abrasions. Should any blisters or abrasions develop, you must discontinue the use of the sock and contact your **prosthetist**.

Shrinker socks should be washed in cold water and Woolite (or non-skin irritating soap) by hand. Be certain that the sock is completely rinsed of any soap residue and allowed to air dry indoors. Washing machines, dryers, and sunlight will cause premature wear of the sock.

DESENSITIZING EXERCISES

Desensitizing exercises are done to build up a tolerance to both touch and pressure on your residual limb. The exercises also help prepare your residual limb for the prosthesis.

1. Massage your limb, using a kneading motion with one or both hands.
2. Tap your limb with your fingertips and then with a rolled hand towel, as you are able to tolerate pressures.

Exercises should be done for 1-3 minutes, 3-4 times a day.

MAIN OFFICE: 1-800-879-1245

CUMBERLAND OFFICE: 301-777-7086 • EASTON OFFICE: 410-822-7599 • SINAI OFFICE: 410-5542-6500

Hours of Operation: Monday through Friday, 8:00 am - 4:00 pm