

Using an Amputee Sock Donner

Slip sewn end of the shrinker sock down through the middle of the donning tube.



Open the sock. Stretch it around the tube and roll it down the sides.



Try not to let the sock curl over the bottom of the tube.



Be sure the end of the shrinker sock is flat before applying to end of residual limb. It needs to be taught against the residuum. It is OK to apply this sock over bandaging but be careful to avoid wrinkles in any material that could irritate the skin.

Holding onto the sock and the tube, place your limb into the center of the tube.



Gently roll the sock and tube up your limb. Apply gentle pressure to be sure the sock lays flat. **It is very important not to have any wrinkles in the fabric.** This can irritate the skin or cause sores!



Using the sock donner independently:



Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2021. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7679