

# What do I need to know about a below knee prosthetic limb

## Dorset Prosthetic Centre

This leaflet is aimed at giving you some information about a below knee prosthetic limb. We will have the opportunity to meet you at a later date and provide you with more detailed information.

The prosthetic limb is individually made for you by your prosthetist who will make a plaster cast mould of the leg to be fitted, which is then used to manufacture the socket.

The prosthetic limb weighs approximately 2kg which is similar in weight to two bags of sugar and is lighter than your own leg. It may feel heavier though, as it is not part of you. In addition you cannot feel the ground through it, which makes balancing more challenging. Therefore walking with a prosthesis can be difficult, requiring 30% more energy than walking without one. It is important you become as fit as possible to use one effectively.

Below are two styles of prosthetic limb that we offer to patients with a below the knee amputation. The core components of each style are the same. The first is finished with foam and stockings and the second an exposed tube and a patterned socket. You can choose the pattern on the socket. The images below demonstrate what your prosthetic limb may look like:

### Style 1

with cosmetic foam and stocking:

### Style 2

componentry exposed:



**Suspension Sleeve -**  
this keeps your prosthetic limb on.

**Socket -**  
this suspends your leg. You can choose to have this flesh toned or choose a pattern or colour.

**Prosthetic foot -**  
we want your foot to be stable but give a small amount of movement. We will order a foot in your size so you can wear your own.

**Pelite Liner -**  
This goes inside the socket. It offers cushioning and helps to protect your leg.

The prosthetist will discuss your individual requirements for componentry based on your physical ability pre amputation, predicted level of mobility, your future goals and the department's prescription protocols.

## What if I have any further questions?

If you have any further questions, please contact the department on **0300 019 4363** to speak to one of the multidisciplinary team members.

**Emma Proctor** - clinical nurse specialist

**Tim Randell** - clinical specialist physiotherapist

**Joanne Teanby** - clinical specialist occupational therapist

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