

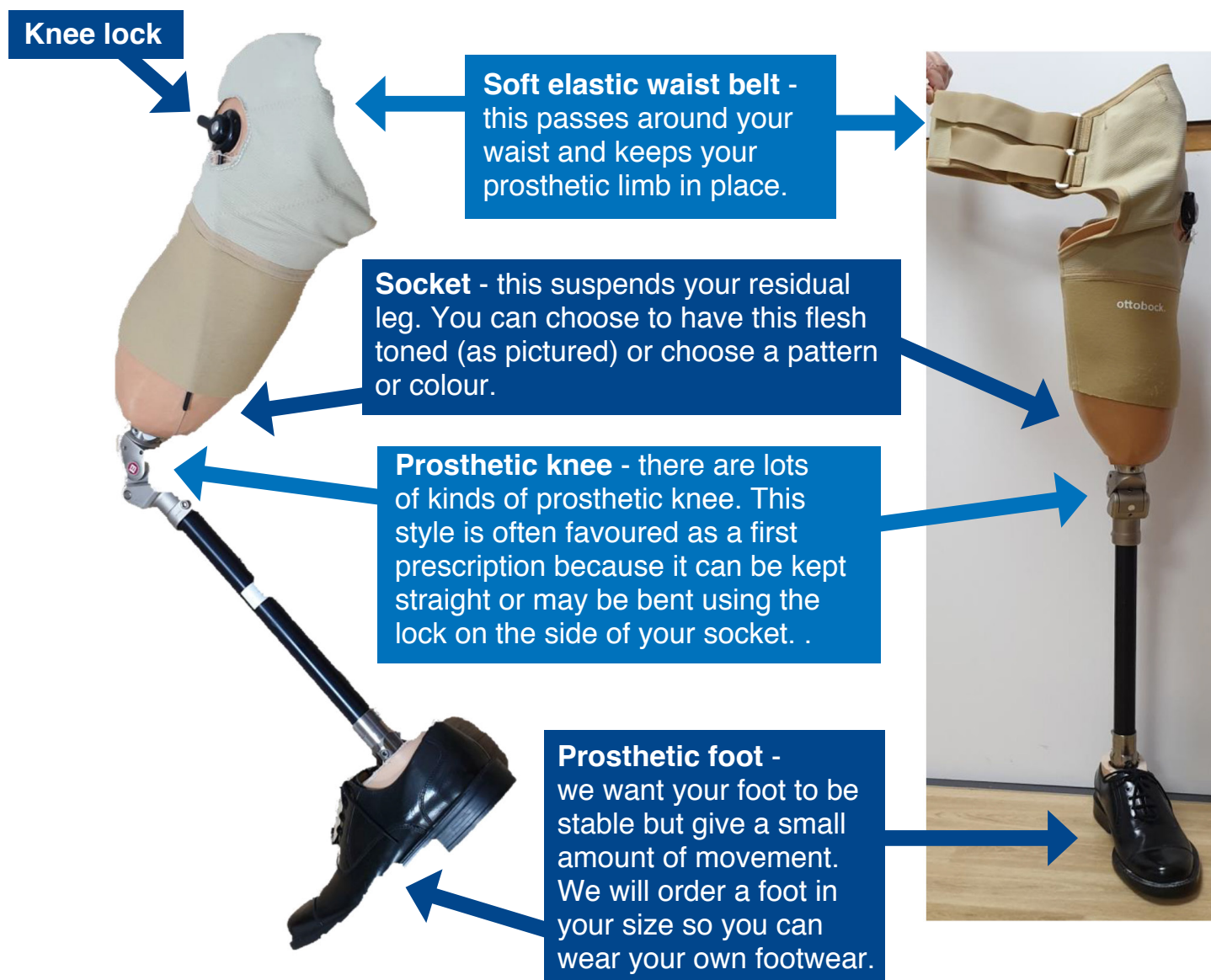
What do I need to know about an above knee prosthetic limb?

Dorset Prosthetic Centre

This leaflet is aimed at giving you some information about above knee prosthetic limbs. 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 usually take measurements of your residual limb to make the socket.

Here is a picture of a standard trans-femoral prosthesis with the parts labelled:



The prosthetic limb weighs approximately 3kg which is similar in weight to three 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, balancing is more challenging. Therefore walking with a prosthesis can be difficult, requiring 70% more energy than walking without one. It is important you become as fit as possible to use one effectively. This can mean that your walking distance is significantly less than before the amputation and you may need to use more walking aids.

Wearing an above knee limb will not be successful for everybody. Reasons for not wearing/ using the limb can include:

- Finding the intimate fitted socket uncomfortable and restrictive
- the energy demands it requires
- a fear of falling
- finding it easier to complete tasks from the wheelchair because it is quicker and safer.

Keeping fit and maintaining good movement in your hip and knee joints will give you the best chance of managing with an above knee prosthesis.

What else do I need to know?

Before the measurements are taken you will be asked to stand in parallel bars for 10 minutes and sit to stand 10 times consecutively to demonstrate your physical ability. These goals are set because experience from other amputees has shown that putting the prosthesis on and getting dressed can take around this time. If you are struggling to manage these goals then you may need more time to help you get stronger. It is important you can stand well on the leg that has not been amputated, as the prosthesis does not help you to stand up or transfer. Therefore you need the ability to stand and transfer when not wearing the prosthesis.

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

The Royal Bournemouth Hospital, Castle Lane East, Bournemouth, Dorset, BH7 7DW

Author: **Penny Moore, Joanne Teanby and Tim Randell**

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t: 01202 303626 w: www.uhd.nhs.uk : @UHD_NHS : @UHDTrust : @uhd_nhs