

PROSTHETIC SOCKS

Prosthetic socks are integral to the comfort of a prosthesis. They provide cushioning, protect the skin from the forces of pressure and friction, absorb perspiration and allow ventilation.

Prosthetic socks are available in several materials including wool, cotton and synthetics. Sock thickness is measured by the "ply" rating, and are colour coded from thickest to thinnest; Green = 5 ply; Yellow = 3 ply; Brown = 2 ply; White = 1 ply. By varying the number and/or ply of socks worn, you can adjust for changes in the size of your residual limb, due to edema, atrophy, fluid reduction and weight change, all of which may affect the fit of your prosthesis. It may be necessary to adjust the thickness of the socks day to day or even throughout a single day to maintain a comfortable fit.

Nylon sheaths are a thin hose like sock that provide a moisture barrier and control friction between the skin, the socks and the socket. Sheaths are worn in combination with the thicker socks and always directly against the skin.

Prosthetic socks and sheaths should be washed daily, following manufacturer's recommendations. In general, a cold water gentle cycle in the washing machine and hanging to dry is recommended. This will prevent bacteria buildup that could result in skin breakdown or rashes.

[For more information visit our website.](#)