



## Stump Socks

Prosthetic socks can be used by leg and arm amputees to provide a more comfortable fit, reduce friction and absorb perspiration by “wicking” moisture away from the skin. Reducing perspiration on the skin can dramatically reduce bacterial infections and common skin complaints.

Some amputees wear socks in combination with sheaths or with liners to get the best possible fit, while others wear liners without socks. Some above knee amputees have more tissue on their residual limb to provide padding and do not need a sock for added comfort, or they may be unable to wear one if wearing a standard suction socket (the stump has to directly contact this type of socket to work). We touch on a few options here – some may be more suitable than others. Check with your prosthetist to discuss what best suits you!

### What Does Ply Mean?

The “ply” refers to the number of strands used per thread in the sock – if two strands are used the sock is “two-ply,” four strands, “four-ply,” etc. The more plies, the thicker the sock. The ply can differ between materials – so if you are changing from a sock of one material to a new one of a different material you may need a different ply. Three-ply and five-ply are the most common thicknesses.

### What Are They Made of?

Socks are available in various materials:

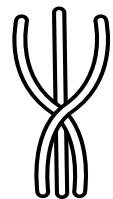
- **Wool** – soft, full and absorbent. Now available in shrink-controlled and machine-washable yarn.
- **Cotton** – easy to care for, can be bleached. Does not wick moisture away from the skin as well as wool.
- **CoolMax™** – new materials like Dupont’s CoolMax™ draw moisture away from the skin and dry very quickly. Numerous manufacturers of socks now use this material in some of their products.
- **X-static®** – made with a layer of pure silver which naturally inhibits the growth of bacteria.
- **Other Materials** – other fabrics offer other qualities. Some are: nylon for strength, acrylic for softness, polyester for resiliency, rayon for absorbency and Lycra® spandex for elasticity.



one-ply



two-ply



three-ply



four-ply



five-ply



six-ply

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## How Do I Wash Them?

Stump socks need to be washed every day – you may even need several different plies throughout the day if your stump changes in volume. Some can be machine washed but others need to be washed by hand. A few tips:

- Make sure all soap is rinsed out to avoid irritation.
- Do not subject socks to excessive heat.
- To maintain the shape you can place a ball (same size as the sock) in the end of the sock.

