

BELOW KNEE SHRINKER

A shrinker is a tight, elastic stocking that is designed to provide equal compression to the residual limb after amputation. The purpose of the shrinker is to "shape" the residual limb so that it is a more ideal shape and size for use of a prosthesis; reduce the amount of fluid or edema in the limb; and to keep the residual limb at a more consistent volume. It should be worn whenever a prosthesis is not being used, ie. sleeping or resting with the leg elevated and prosthesis off. It is not designed for use in the shower.

Application

1. Using both hands, scrunch down the shrinker to the seam on the bottom and stretch the opening. The seam should be horizontal or from side to side.
2. Pull the shrinker up on the limb and pull up the sides. It will fit and function best if you pull it up a little at a time rather than just "yanking" from the top. The seam should be flat across the bottom of your limb.
3. If it is wrinkled at the bottom, the shrinker needs to be pulled up further. It should completely cover the knee and go onto the thigh.
4. This is supposed to be very snug. If your limb is still healing, initially it may be difficult to put on. It may be easier to get some assistance from another person or use of a donning can.

Two Person Application

1. Scrunch down the shrinker as indicated above.
2. Have one person pull from side to side and the other person pull front to back to open the shrinker as wide as possible.
3. While maintaining this stretch, apply to the distal end and pull up and over the suture line.
4. Now continue with steps 2-4 from "application".

Donning Can Application

1. Put the shrinker inside the can. Stretch the top edges and reflect over the top edge of the donning can.
2. Continue pulling the edges down the can until the bottom of the shrinker is at the top of the can and taut like a trampoline
3. Stick the limb onto the taut shrinker and pull the can up the leg.
4. Remove can, but not shrinker. Continue the pull the top edges of the shrinker all the way up the leg.

Care Instructions

Hand wash with mild detergent. Rinse thoroughly. Hang on towel rack or lay flat to dry.
DO NOT USE: bleach, chlorine, or fabric softeners.

Please call the nearest Westcoast Brace and Limb facility to speak with a prosthetist if you have any questions or concerns.



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