

A TSB (total surface bearing) prosthesis is designed around the principles that the pressure within the socket is evenly distributed on the entire residual limb. This style of prosthesis is used for a below the knee (transtibial) amputation. It consists of roll-on silicone or urethane liner that provides a cushioned barrier between your residual limb and the prosthetic socket. This liner may have a pin on the bottom of it that connects into a lock inside the socket. This would be a locking liner. If it does not have a pin on the bottom, it is referred to as a cushion liner and will either have a rubber seal (see the Seal-In Suction instructions) or require a suspension sleeve (a sleeve that attaches to the socket and rolls up onto your thigh) to hold the prosthesis on. This type of prosthesis should only be used by the person for whom it was prescribed and custom fabricated for, and only according to physician recommendation.



Cushion Liner



Locking Liner

## APPLICATION

1. Take your roll-on liner and turn it completely inside out. Unless instructed to do so by your Prosthetist, do not put any lotions on your skin prior to putting on the liner.
2. With the liner centered at the bottom of your leg, press it up against the residual limb and begin **ROLLING** the liner up. Be careful not to pull it up like a sock or you will be at risk to developing blisters at the top edge. Ensure there are no wrinkles in your liner. If there are, you need to roll it back down and start over.
3. If your fit requires you to use prosthetic socks, begin pulling your socks on over the liner. Add the socks only one at a time and make sure that there are no wrinkles. If you have a locking system, make sure the pin is through the hole in the bottom of the sock and that the sock is not stuck on the pin.
4. Once the liner and sock fit are appropriate, slightly bend your leg, line it up with the prosthesis, and insert your leg into the prosthetic socket. Gently push down.
5. If you have a cushion liner, make sure your leg is fully seated in the socket before **ROLLING** up the suspension sleeve.
6. If you have a locking liner, you may need to alternate gently pushing and relaxing to work the leg into the socket. Make sure that the pin locks securely into the lock at the bottom of the socket. Always double check that you are locked in prior to taking any steps. If you have trouble getting the pin to lock, check that you put the liner on correctly, with the angle of the pin straight down. If this is correct, next check that you aren't wearing too many socks.
7. If you have any discomfort or difficulty with putting the socket on, refer to the Troubleshooting document for tips on proper sock management. If this does not help, please call your Prosthetist.

**PLEASE CALL YOUR NEAREST WCBL REGARDING ANY QUESTIONS OR CONCERNS.**

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## CLEANING INSTRUCTIONS

1. Socks should be cleaned on a regular basis. Unless you have been instructed that you have wool socks, you may machine wash your prosthetic socks. It is best to wash them on a gentle or permanent press cycle. Do not use hot water and do not put in the dryer as it may cause your socks to shrink.
2. To clean the silicone or urethane liner- Turn the liner inside out. Using a mild soft soap and some water, wipe down the inside of the liner to rid it of any skin cells and perspiration. Rinse thoroughly with water. Pat dry with a lint free towel, and then return to its normal position. Do NOT leave the liner inside out to dry as this will cause the gel at the bottom to wear out and stretch out.
3. If you have a suspension sleeve, roll it down and wipe the sleeve clean with soap and water. In some instances your Prosthetist may recommend cleaning with rubbing alcohol. Pat the sleeve dry, and then return to its normal position.
4. To clean the socket, just wipe with a damp cloth



It is important to schedule regular follow-up appointments with your Prosthetist for maintenance of your prosthesis as well as to verify the fit and function are appropriate for your current needs.

If you have any questions or concerns, please contact your nearest Westcoast Brace and Limb facility to speak with your Prosthetist or Prosthetic Case Manager.