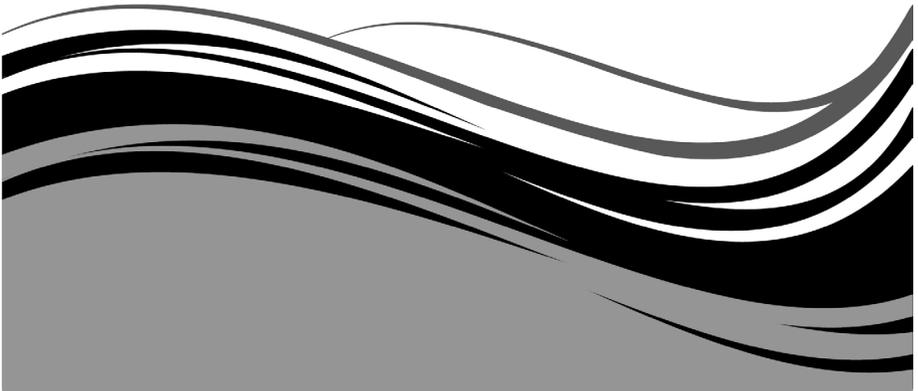


WestMARC Lower Limb Prosthesis – Instructions for Use

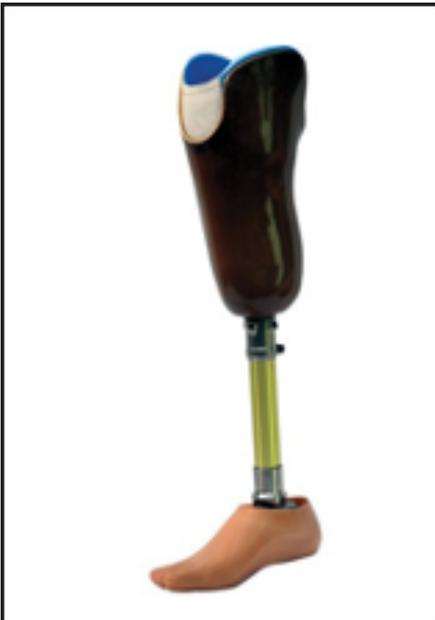


Your prosthetic limb:

Your prosthetic limb is made up of a socket, components attached to the socket and a foot at the bottom.

The socket is the part of the limb that your stump (or residual limb) goes into. It can come in different designs, depending on your prescription. The other components and foot are different for everyone. Your prescription is influenced by your body weight, stump shape and activity level. That is why your limb may be different from others you may see. If you have a knee joint, this will either lock when you walk, or be free to swing when you walk. Both types of knee bend to allow you to sit.

Trans-tibial prosthesis



Trans-femoral prosthesis



Intended use:

You have been provided with a custom-made WestMARC prosthetic limb. The limb consists of a custom-made socket and a series of specially selected components. The socket and limb have been provided to enhance your function, mobility and comfort.

The limb has been custom-made for you, based on your unique stump shape, activity level, body weight and lifestyle. It cannot be used by anybody else. Under no circumstances can it be reused, recycled or repurposed in any way.

Your Prosthetist:

Your assigned Prosthetist is: _____

We will attempt to make sure you are assessed by your assigned Prosthetist, however, there may be occasions where it is necessary for you to see a different Prosthetist

Risks:

We will have covered the following risks with you during your specialist Physiotherapy before we give you your limb.

- Wearing any prosthetic lower limb is likely to alter your gait pattern (the way you walk), and this could have long-term effects on your musculoskeletal system. It is recommended that you attend Physiotherapy to avoid this happening.
- You also need to take care of your stump as there is the risk the skin or soft tissue could become damaged over time
- There is an increased risk of trips and falls

Warnings:

	This limb has been prescribed by rehabilitation professional and should not be tampered with. All adjustments must be made by rehabilitation professional.
	There is an increased risk of tripping and falling when using this limb. Only use the limb when you have had sufficient training from rehabilitation professionals.
	This limb may be adversely affected by contact or immersion in water. Please see guidance on 'Ingress protection' in this document.
	This limb is likely to be adversely affected by exposure to extreme temperatures.
	If the adjacent box is ticked, your limb is a 'Hybrid limb' made with components from multiple manufacturers, and will therefore be subject to more frequent review and servicing. <input data-bbox="930 887 992 951" type="checkbox"/>

Stop using your limb (and request a review) when:

- the limb causes localised and excessive levels of discomfort.
- the material becomes torn or damaged.
- the socket is not firmly affixed to other components in the limb.
- Your body weight exceeds _____ kg (your limb components will be unsafe should your weight exceed this level)

When to request a review with your Prosthetist:

- Significant changes in your body weight.
- Considering introducing any new activities.
- Your socket feels very loose or tight.
- The limb has recently altered the way you normally walk.
- You have recently had a fall that you attribute to the limb.

Cleaning and care:

Your prosthesis is usually made from several component parts joined together, sometimes covered with a foam and nylon stockings. The socket is the part in direct contact with your skin and it is important that you keep it clean. You should regularly clean the inside of the socket with a soapy cloth, then rinse and dry. If you have a foam inner liner you should clean this in a similar way. If you have a silicone or gel liner you should turn it inside out, wash it, dry it and then turn it the right way out for storage. If your limb is covered with cosmetic stockings you can remove these and wash as normal. You should use a mild soap or cleansers as some people can have a reaction to perfumed products.

Storage when not in use:

It is assumed that you will use your limb on a regular basis. If for any reason you need to store it safely for more than 7 days, you should clean the limb and dry it before placing it in the plastic bag it was supplied in. You should store it in an upright position in a safe cool place where is unlikely to be exposed to any moisture.

Disposal:

Your limb is the property of NHS Greater Glasgow and Clyde. If you wish to dispose of the limb for any reason you must return it to WestMARC.

Additional information:

Your prosthetist will provide you with any additional information specific to the individual components used in your limb. Based on your prosthetic prescription, you should have the following additional information leaflets (please tick):

Component specific (MPK)	<input type="checkbox"/>	Cosmetic limb	<input type="checkbox"/>
Upper limb	<input type="checkbox"/>	Water limb	<input type="checkbox"/>
Transtibial socket fit	<input type="checkbox"/>	Paediatric limb	<input type="checkbox"/>
Transfemoral socket fit	<input type="checkbox"/>	Knee sleeves	<input type="checkbox"/>
Liner leaflet	<input type="checkbox"/>	SSPS	<input type="checkbox"/>

Ingress protection rating of your limb (prosthetist to indicate IP level):

Intrusion protection		Moisture protection	
5. Partial protection against dust that may harm equipment.		4. Protected against water splashes from all directions. Tested for a minimum of 10 minutes with an oscillating spray (limited ingress permitted with no harmful effects).	
6. Totally dust tight. Full protection against dust and other particulates, including a vacuum seal, tested against continuous airflow.		5. Protection against low-pressure jets (6.3 mm) of directed water from any angle (limited ingress permitted with no harmful effects).	

	6. Protection against direct high pressure jets.	
	7. Protection against full immersion for up to 30 minutes at depths between 15 cm and 1 metre (limited ingress permitted with no harmful effects).	
	8. Protected against long periods of immersion under pressure.	

Contact details:

WestMARC

Queen Elizabeth University Hospital
1345 Govan Road
Glasgow
G51 4TF

Opening Times: Monday to Friday 8.30am to 4.30pm

Telephone: **0300 790 0129**

(Monday to Friday: 8.45am to 4.15pm).

An answerphone is available if the phone lines are busy.

Website:

www.nhsggc.org.uk/your-health/health-services/westmarc

Email: westmarc@ggc.scot.nhs.uk

Ayr Hospital (Satellite of WestMARC)

University Hospital Ayr
Physiotherapy Department
Dalmellington Rd
Ayr
KA6 6DX

Telephone: **01292 610 555** for physiotherapy advice or
stump socks

(use Westmarc number **0300 790 0129** for clinic appointments
or to request other accessories)