

Post-Amputation Milestones

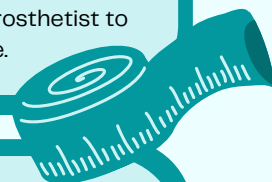


Finding/Meeting Your Prosthetist

For many people, the process of finding a prosthetist who is right for them takes time. It's very important that you explore your options and interview several prosthetists. When interviewing prosthetists, make sure to discuss your options and needs to ensure that you find the prosthetist who will be able to make a prosthesis that lines up with your goals.

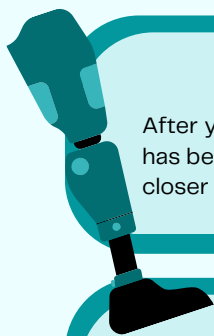
Casting

After your prosthetist has made sure your residual limb is shrunken enough, measured you, and asked you about your goals and life prior to amputation, it will be time for a casting. Casting allows the prosthetist to make an exact mold of your residual limb to make sure your socket fits as perfectly as possible.



Diagnostic Fitting

After you have been casted, the next major milestone you'll encounter is getting a diagnostic socket. This is a clear, easily moldable socket that allows your prosthetist to easily make adjustments so your final prosthesis fits as comfortably and snugly as possible. Your prosthetist may make you a few diagnostic sockets before your final prosthesis is ready.



Delivery

After you and your prosthetist are satisfied with the fit of your diagnostic socket and your prosthesis has been aligned, it'll be ready for you to take home! This is an exciting milestone. It gets you one step closer to independence with your prosthesis.

Wearing Your Prosthesis At All Times

When you first receive your prosthesis, you will only wear it for a few hours a day. As you get used to how to use it and how it feels, you can gradually increase the amount of time you wear it for each day. When you and your prosthetist decide you're ready, you'll be able to wear your prosthesis at all times, which is one step closer to complete independence.

Independence and Acceptance

There is no specific timeline for achieving independence with your prosthesis or accepting your new body/life. Everyone is different. Once you are used to the feeling of your prosthesis and you feel confident walking with it, you can become independent. You should be excited for yourself when you reach this milestone. You have worked hard to get here and your dedication is paying off!



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