**Instructions for Transradial Amputees Using Supracondylar Suspension**

**Application:**

Depending on your desired way to wear your prosthesis you will follow one of the following:

**Skin Fit:**

* Apply talcum powder to limb or use a pull a sock for ease of donning
* Place your limb inside the prosthesis. Be sure that your limb is secured inside the socket.
* For a figure of 8 harness place your opposing arm through the harness and lift both arms letting the harness slide down your arm and onto your back.
* Position the harness so that the center ring is between your shoulder blades.

**Supracondylar with Prosthetic Socks:**

* Apply the appropriate number of prosthetic sock ply
* Be sure that socks are free of any wrinkles
* If at any time your prosthesis seems too loose or too tight, you will need to modify the amount of sock ply.
* Lastly, put on the prosthesis (hard out socket)

**Removing the Prosthesis:**

* Depending on your harness;
* Remove the prosthesis first by slightly twisting your arm and pulling gently out of the socket.

If at any time you have questions or concerns, please contact your prosthetist.