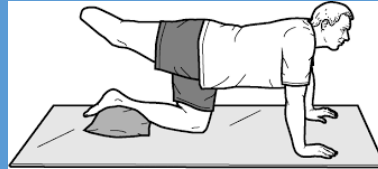


Keep Residual Limb/Stump Healthy-Part I



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WHAT IS STUMP/RESIDUAL LIMB ?

STUMP/RESIDUAL LIMB:

The left over portion of amputated body segment.

★ **REMEMBER:-** This is the **VERY IMPORTANT PART.**

It **DECIDES** your prosthetic fitment & functions & over all your quality of life



BELOW ELBOW STUMP



BELOW KNEE STUMP

HOW IT IS FORMED?

It is formed DUE TO:-

- A. Congenital Anomaly (Some Part(s) MISSING SINCE BIRTH)
- B. Trauma OR Accident
- C. Disease (Diabetes, Cancer, Infection etc.)

★ **REMEMBER:-** "B" & "C" :- **NEED SPECIAL CARE**



ABOVE ELBOW ATUMP



ABOVE KNEE STUMP

WHAT WILL HAPPEN IF LEFT UNCARED?

1. UNDU SWELLING
2. CONTRATURE AT PROXIMAL (Nearby) JOINT
3. MUSCLE WASTING
4. PROXIMAL JOINT INSTABILITY
5. SKIN TISSUE INFECTION
6. MAY LEAD TO REVISION FURTHER SURGERY/AMPUTATION
7. POOR PROSTHETIC UTILITY OUTCOMES
8. PAINFUL STUMP



WHAT ARE THE BENEFITS?

- Prevent stump contracture
- Prevent wound breakdown
- Prevent skin issue (hyperhidrosis, odours, dermatoid cysts, dermatitis (contact and allergic) and verrucous hyperplasia)
- Reduce the chance of revision or further amputation
- Improve the ADLs Activities without prosthesis
- Improve the Prosthetic functional outcomes
- Pain control (Pain free Stump)



HOW I SHOULD TAKE CARE IT?

- POSITIONING OF STUMP



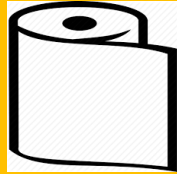
ESPECIALLY AT REST (i.e. When not using prosthesis)

- EXERCISE/ MASSAGE OF STUMP



KEEP HEALTHY YOURSELF AND FREE FROM JOINT CONTRACTURE

- STUMP BANDAGING



HELPS TO MAINTAIN SHAPE & PREVENT UNDUE SWELLING

- MEDICATION, If Needed



CONTROL SKIN TISSUE INFECTION

- USE PROSTHESIS REGULARLY



IMPROVE STUMP JOINT MOBILITY & STUMP SHAPE

- FIX FOLLOW-UP SCHEDULE



HELPS IN REVIEW OF YOUR SELF & PROSTHESIS

HOW I SHOULD TAKE CARE IT?

WHEN PROSTHESIS IS OFF:

(TIME WHEN YOU ARE NOT WEARING PROSTHESIS)

- STUMP BANDAGING



- USE OF STUMP SHRINKER



- STUMP POSITIONING



- STUMP EXERCISE



- MEDICATION



DO EVERYDAY, AFTER STUMP EXERCISE & CLEANING

IF YOUR STUMP VOLUME CHANGE FREQUENTLY , USE IT

WHEN YOU ARE USING MOBILITY DEVICE or SITTING DEVICE

BEFORE & AFTER USE OF PROSTHESIS, ON DAILY BASIS

CONSULT DOCTOR, IF STUMP SKIN TISSUE INFECTED or OTHER MEDICAL CONDITION ARISES

HOW I SHOULD TAKE CARE IT?

WHEN PROSTHESIS IS ON:

(TIME WHEN YOU ARE WEARING PROSTHESIS)

- USE OF STUMP SOCKS



USE SUITABLE KIND OF SOCKS, WRINKLE FREE, CLEAN REGULARLY, IT PROTECT FROM DIRECT CONTACT WITH SOCKET, ABSORBS PERSPIRATION; REDUCES SHEAR STRESS

- USE OF STUMP/ SOCKET LINER

SOFT LINER



ALWAYS USE WITH COTTON WRINKLE FREE SOCKS, BEFORE PUTTING ON CLEAN WITH DRY CLOTH; IT PROVIDE CUSHIONING EFFECT TO STUMP, PROTECT FROM LARGE SHEAR FORCE

GEL LINER



IF YOUR STUMP IS BONY (LESS MUSCLE/ SOFT TISSUES) or SKIN GRAFTING ; IT PROTECT STUMP SKIN, DIMINISHES FRICTION FORCE

- DONNING & DOFFING



STRICTLY FOLLOW THE DONNING & DOFFING INSTRUCTION AS PRESCRIBED BY PROSTHETIST; POOR DONNING & DOFFING RESULT IN STUMP PAIN & SKIN BREAKDOWN AND POOR WALKING STYLE

USE PROPER PERSONAL PROTECTIVE EQUIPMENT (PPE) FOLLOW HAND HYGIENE PROCEDURE



STAY AT HOME BE SAFE & HEALTHY



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