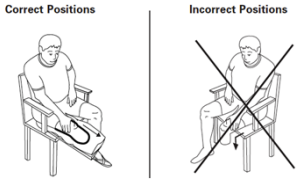
# AMPUTEE LIMB CARE, STRETCHING, AND EXERCISE

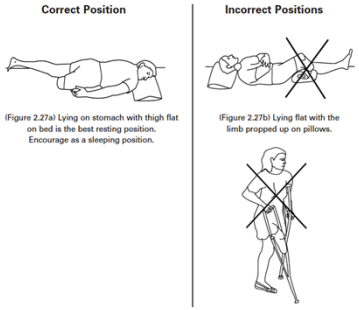
Institute for Latin American Concern, Santiago, Dominican Republic

## CARE FOR YOU RESIDUAL LIMB

Cleaning Daily
- -Wash with soap
- -Dry before applying Bandages
- -Lubricate



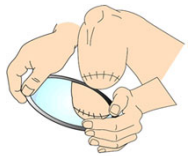

Sitting
- - Elevated
- - Supported
- - Extended




Sleeping
- - On stomach
- - Limb straight
- - Supported

## WHAT TO LOOK FOR

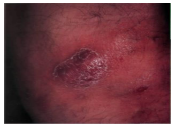
Skin Break Down



Check Skin Daily

Edema

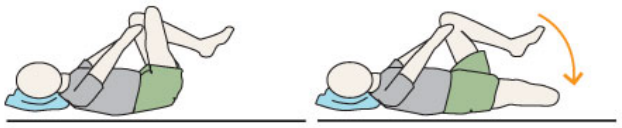
Infection



Cysts

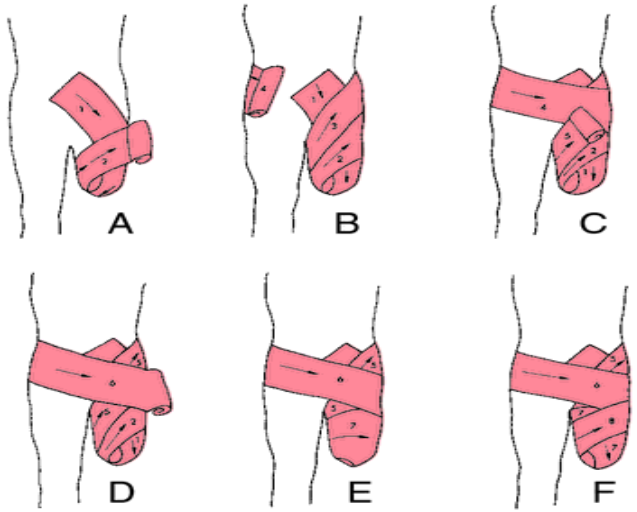
Ulcers

## STRETCHING



Stretch Daily
- - Hip
- - Knee

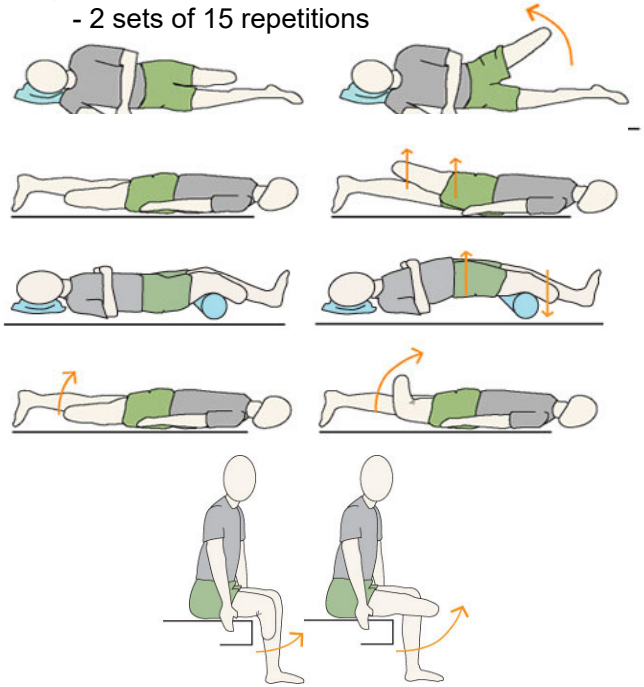
## WRAPPING



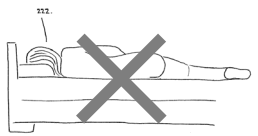

A six inch elastic bandage should be used with diagonal wrapping that covers the entire distal stump

## EXERCISES

Daily Exercises
- - 2 sets of 15 repetitions



## PROSTHESIS CARE



Do not sleep wearing prosthesis

Do not wear prosthesis in water

Wash daily soap and water