

Wear and care of a Prosthesis – Pin Lock

Xiro iyo daryeelka ee sanaaci ah - Pin Lock

The prosthesis requires proper care and maintenance in order to prevent breakdown or faulty performance. The following are general guidelines and suggestions to help you care for your prosthesis daily.

sanaaci wuxuu u baahan yahay daryeel ku haboon iyo dayactirka si looga hortago burburka ama qaab khaldan . Kuwa soo socda waa xeerarka guud iyo talo si ay u caawiyaan aad daryeesho aad sanaaci maalin kasta .

Wearing time - The patient should wear the prosthesis at home, approximately _____times per day, for _____hour/s, each time for the next two weeks. This time should consist primarily of sitting and some standing. Gradually increase this time.

waqti Xirashada - bukaanka waa in xirtaan sanaaci ah guriga , qiyaastii _____ jeer maalin kasta , waayo, saacad _____ / s , mar kasta oo labada isbuuc ee soo socota . Markan waa in uu ka kooban yahay ugu horrayn of fadhiya oo u Istaagi qaar ka mid ah . Tartiib tartiib la kordhiyo waqtiga this .

Skin Checks - Check the condition of the skin on the residual limb frequently. The patient should be sitting comfortably, with the residual limb relaxed (and prosthesis removed). Check for redness or sock marks, especially on boney areas. Some redness is normal. If redness dose not dissipate in less than thirty minutes then closely watch the area and contact your Prosthetist if needed. If you can't see the end or back of your residual limb to check the skin, use a mirror.

Jeegaga maqaarka - Hubi xaaladda maqaarka on addinka haraaga ah si joogto ah . bukaanka waa in la raaxo leh ku fadhiya , iyadoo addinka haraaga dabacsan (iyo sanaaci saaro) . Hubi casaan ama iskaalsho marks , gaar ahaan meelaha boney . guduudasho qaarkood waa caadi . Haddii casaan qiyaas ma dhereggu in ka yar soddon daqiiqo ka dibna si dhow ula daawado aagga oo xiriir Prosthetist haddii loo baahdo . Haddii aadan arki karin dhamaadka ama xagga dambe ee aad addinka haraaga ah si loo hubiyo maqaarka , muraayad isticmaal .

If you have reduced or no sensation in your residual limb, check your limb more frequently during the day and don't put it in hot water, or expose it to the sun, as this can cause it to burn and blister.

*Note redness may occur and could possibly be due to the patient wearing too many socks or the patient may need a re-assessment by the Prosthetist.

Haddii aad hoos ama dareen lahayn in aad addinka haraaga ah , hubi addinka dhowr jeer ka badan inta lagu jiro maalintii oo ha ku rid biyaha kulul , ama u soo bandhigaan inay qorraxda , maadaama ay tani waxay keeni kartaa in ay gubi iyo khariidad .

* Casaan Note dhici kara oo suurto gal noqon karaa sabab u tahay bukaanka xidhashada sharaabaad aad u badan ama waxaa laga yaabaa in bukaanku u baahan tahay dib-u- qiimaynta by Prosthetist ah .

Skin Care – The skin on your residual limb must be cared for to prevent irritation, skin breakdown, and infection. Daily cleansing of your residual limb with mild soap is suggested. Pat your skin dry with a soft towel. Allow your limb to dry completely before donning your prosthesis. This will reduce risk of infection and abrasion. Be sure to rinse your liner thoroughly after cleansing to prevent any soapy residue. Shaving hair on the residual limb is discouraged because it can lead to ingrown hairs.

Skin breakdown is often the first sign that your prosthesis needs an adjustment. Sometimes it can be remedied by applying lubricant to your residual limb or adding or removing a prosthetic sock. Anything unusual, persistent, or painful should be promptly evaluated by a health care professional.

Daryeelka Maqaarka - Maqaarka on your addinka haraaga ah waa in la daryeelo si looga hortago cuncun , burbur ku dhaca jidhka , iyo caabuqa . daahirintiisa Daily ee addinka haraaga saabuun khafiif ah ayaa la soo jeediyey . Tun aad qalalan maqaarka tuwaal jilicsan . U ogolow addinka si buuxda u qalalaan ka hor u labisan aad sanaaci . Tani waxay hoos u dhigaysaa khatarta cudurka iyo abrasion . U hubso in aad raaci aad liner fiican ka dib markii nadiifiyey si looga hortago wax kasta oo ka hadhay oo saabuun leh . Xiirashada timaha on addinka haraaga ah waa niyad sababtoo ah waxa ay keeni kartaa in timaha ingrown .

burburka maqaarka inta badan waa ay calaamada hore in sanaaci u baahan yahay sixitaanka ah . Mararka qaarkood waxaa lagu saxayo karaa by codsanaya labeen aad addinka haraaga ama ku daray ama ay ka saareen sharaabad laga bedalay . Wax kasta oo aan caadi ahayn , joogto ah , ama xanuun waa in si dhakhso ah qiimeeyo by xirfadle daryeel caafimaad .

Transtibial (Below Knee) Amputation – Never sit or sleep with a pillow under your knee, as this will lead to a contracture (inability to straighten the knee).

Do stretching exercises daily to make sure that you can straighten your knee; this makes walking, and lying in bed, more comfortable.

Transtibial (Hoos Jilibka) goynta - Marna fadhiisan ama hurdo la barkin hoos jilibkaaga , maadaama ay tani waxay keeni doontaa in a contracture (awood toosi jilibka) .

Samee jimicsiyada iskala maalin kasta si aad u hubiso in aad toosi kartaa jilibka , taas oo ka dhigaysa socda , oo ku jiifa sariir , raaxo badan .

Transfemoral (Above Knee) Amputation – Do NOT sleep with your limb resting on a pillow, as this promotes a hip flexion contracture (inability to completely straighten you hip). Do NOT sleep with a pillow between your legs, as this lengthens the inner thigh muscle that helps you keep your legs together when you walk, and shortens the outer thigh muscles so that you walk and stand with your feet apart.

Do stretching exercises daily to make sure that you can straighten your hip; this makes walking, and lying in bed, more comfortable.

Transfemoral (Kor Jilibka) goynta - HA seexan la addinka nasanayso on barkin , maadaama ay tani kor u contracture flexion sinta ah (awood inuu gabi ahaanba toosi hip) . Ha ku seexan barkin lugaha dhexdooda , maadaama ay tani lengthens muruqa bowdada hoose kaa caawinaya in aad wada xajisaan lugaha marka aad ku socotaan , oo koobaya murqaha bawdada oogadeeda si aad u socotaan oo aad cagaha ku taagan marka laga reebo .

Samee jimicsiyada iskala maalin kasta si aad u hubiso in aad toosi kartaa hip ; taas oo ka dhigaysa socda , oo ku jiifa sariir , raaxo badan .

Socks - You will probably need to increase or decrease the number depending on the following: atrophy, edema, systemic fluid change, weight gain/loss, and/or wearing time or activity level. The number of socks worn may vary during the day or even during one physical therapy session, as swelling changes throughout the day as well as on a daily basis. This means your limb will be different sizes at different times of the day, and may be bigger or smaller the following day. Your prosthesis does not change, therefore, you must use socks to take up the space inside your socket. Socks have different thickness levels: 1, 2, 3, 5 and 6 ply. Any combination of socks can work. You can wear more than one at a time if your limb is less swollen. It is okay to wear just the liner and no socks. Remember that over time prosthetic socks will compress, so thickness will not remain the same. Improper sock ply can cause sores and discomfort on your limb. Make sure not to pull the socks up to high, to where the vacuum system is prevented from sealing due to the sock. Make sure the top of the sock is below the level where the vacuum seals off on the liner. Sometimes your Prosthetist will need to make an adjustment by adding a pad in a certain area to tighten the fit of your prosthesis.

Sharabaaddo - Waxaad u baahan tahay si loo kordhiyo ama hoos u tirada ku xiran tahay waxyaabaha soo socda: atrophy, barar, dheecaan isbedel systemic, korodhka miisaanka / khasaaraha, iyo / ama xidhashada waqtiga ama heerka waxqabad. Tirada sharaabaad xirto kala duwanaan karaan inta lagu jiro maalinta ama xataa lagu jiro mid ka mid ah kalfadhiga therapy jirka, sida barar isbedel maalintii oo dhan iyo sidoo kale on joogta ah maalin walba. Taas macnaheedu waxa weeye in aad addinka noqon doonaa tirada kala duwan waqtiyo kala duwan ee maalinta, iyo waxa laga yaabaa inay ka weyn ama ka yar maalintii socda. Your sanaaci aysan waxba ka beddelin, oo sidaas daraaddeed, waa in aad isticmaasho sharaabaad kor u qaado meesha bannaan ee gudaha godka. Sharabaaddo leeyihiin heerar kala duwan oo dhumucdiisuna: 1, 2, 3, 5 iyo 6 shar-. isku darka kasta oo sharaabaad shaqeyn karaan. Waxaad xiran kartaa in ka badan hal mar ah haddii aad addinka ka yar oo barara. Waa caadi in ay xirtaan xaqa ah liner iyo sharaabaad lahayn. Xusuusnow in muddo sharaabaad bedalay cadaadin doono, sidaas oo dhumucdiisuna waxay la mid ah ma sii joogi doonaa. shar- sharaabad caadiga ahayni waxay keeni kartaa nabaro iyo raaxo on your Addinka. Hubi in aan jiid sharaabaad ilaa sare, ilaa meeshii nidaamka vacuum la reebay dhagixiina sabab u sharaabad ah. Hubi sare ee sharaabad ay ka hooseyso heerkay ay vacuum ku shaabadeeyaa off on liner ah. Mararka qaarkood aad Prosthetist u baahan doontaa inaad ka bedelaan by daray suuf ku meel gaar ah in la adkeeyo taam ee sanaaci.

If you use prosthetic socks wear fresh socks frequently. Wash the prosthetic socks regularly in mild soap and lukewarm water. Rinse thoroughly. Do NOT place wool socks in the dryer. Dry flat.

Haddii aad isticmaasho sharaabaad bedalay xiro iskaalsho cusub si joogto ah . Dhaq sharaabaad bedalay joogto ah saabuun khafiif ah oo biyo qandac ah . Raaci si fiican . HA meel sharaabaad dhogor ee qalajiyaha . flat qallalan .

Care of liner – Clean the liner daily by using warm water and a mild soap. Rinse well. Do NOT use soaps with perfumes or dyes. Do NOT use antibacterial soap. Air dry or pat dry with paper towel or lint free cloth, do not put liner in clothes drier. Liner should NOT be left inverted after cleaning. Dry with the fabric side out on liner stand provided so lint, hair, dust, etc. doesn't adhere to your liner. If you have 2 liners. Rotate use daily. Inspect periodically for signs of wear (i.e. fabric/gel separation, cracks, or holes). Notify Rehab Systems as soon as your liners start to show signs of wear.

Daryeel ee liner - Nadiifi liner maalin walba adigoo isticmaalaya biyo diirran iyo saabbuun khafiif ah . sidoo raaci . HA isticmaalaan saabuunta la cadar ama formaldehyde . HA isticmaali saabuun bakteeriyada . Air qalalan ama qalaji xaashida shukumaanka ama marada maro free , ha gelin liner dhar bilowdaan . Liner MA waa in la bidix rogay ka dib markii lagu nadiifiyo . Qalalan kooxda dhar ah soo liner taagan bixiyo si marada , timaha , boodhka , iwm ma u hoggaansamaan aad liner . Haddii aad leedahay 2 safay . Beddesha maalin kasta la isticmaalo . Kormeer xilliyo calaamadaha Duugga (separation i.e. dhar / gel , dildilaac , ama godad) . Ogeysii Rehab Systems sida ugu dhakhsaha badan safay aad bilowdo si ay u muujiyaan calaamadaha xidhanyihiin .

Donning of the liner – Invert the liner so that the gel is facing out. Roll it onto the residual limb making sure no air is trapped in the liner, and that there are no wrinkles or folds in the liner. Proper placement of liner while donning should be discussed with your Prosthetist. Make sure that the pin is appropriately aligned for lock engagement. You want to make sure the pin is not angled to the left, right, front, or back after the liner is donned.

Koofiyaddii of liner ah - Invert liner si gel waxaa soo food saartay baxay . waxaa dabajooga gal addinka haraaga ah inay hubiyaan ma hawada waxaa ku xayiran liner ah , iyo in ay jiraan qabsatay lahayn ama xeryo in liner ah . meelaynta fiican ee liner halka u labisan waa in lagala hadlaa aad Prosthetist . Hubi in pin waxaa haboon waafaqsan ee hawlgelinta qululka . Waxaad doonaysaa in aad hubiso in pin uusan xagalka bidixda , midigta , hore , ama ka dib markii liner la sanaaduuqdii Xuddun .

Socket – Clean with a sponge or soft cloth and a little mild soap. Dry completely before wearing. DO NOT use water or liquid on electric components!

Godka - Nadiifi la isbonji ama maro jilicsan iyo saabuun khafiif yar . si buuxda u qallaji hor sita . HA biyo ama dareere isticmaali on qaybaha korontada !

Sleeves – These may be hand washed and air dried. Inspect your suspension sleeves for holes. Holes can make your prosthesis function improperly. Sleeves tend to stretch out and wear out over time.

Gacmo - waxaa laga yaabaa in gacanta lagu maydhay oo hawada la qalajiyey . Kormeer gacmo ganaax aad u godad . Boholaha ka dhigi kartaa shaqo sanaaci aad khaldan . Gacmo muuqdaan in ay Fidiyo iyo waqtiba waqtiga .

Pin Lock - Engage the pin with 3 clicks before walking with the prosthesis. This will ensure that the pin is properly engaged in the lock. Clicks should be one at a time when you stand, not all at once. If the clicks are all at once, add socks. If you can't get the pin to click at all or don't get almost all clicks in, remove socks. It is okay to wear just the liner and no socks. Engaging the pin lock. It is important to make sure that your pin is properly aligned when the liner is donned. Make sure that the pin engages with the lock when the prosthesis is donned. You should be able to hear and audible "click". This sound is the

pin engaging in the lock. If you notice an audible sound while you are walking after all clicks of the pin are secured, contact our office for adjustment.

Pin Lock - Wadahadal duntii 3 qasabno hor leh sanaaci ku dul socda . Tani waxay xaqiijin doontaa in pin waxaa si sax ah ku hawlan qululka . Qasabno waa in ay ahaataa mid ka mid waqti marka aad taagan tahay, ma dhan hal mar . Haddii qasabno ah oo dhan hal mar waa , ku dar sharaabaad . Haddii aadan heli karin pin in ay guji at dhan ama aadan heli dhowaad dhammaan qasabno in , ka saar sharabaadada . Waa caadi in ay xirtaan xaqa ah liner iyo sharaabaad lahayn . Ficil qululka pin ah . Waxaa muhiim ah in la hubiyo in aad pin waxaa si fiican u safan markii liner la sanaaduuqdi Xuddun . Hubi in pin Hawshuna la qululka marka sanaaci la sanaaduuqdi Xuddun . Waa in aad awoodaan inay maqlaan iyo maqli karo " ku dhufo" . codka Tani waa pin ku hawlanaa qululka . Haddii aad isku aragto cod la maqli karo marka aad socda ka dib oo dhan qasabno of pin waxaa xaqiijistay , la xidhiidh xafiiskayaga iswaafajin .

Footwear - Don't vary the height of the heel of your shoes from the height which you were fitted with, this can disrupt the alignment of the prosthesis. Shoes should be kept in good repair, particularly the heels. Shoes may be changed as long as the soles have the same heel to toe difference. Using a shoe that is too flat or too tall can make your prosthesis function differently. This could lead to a fall if you have poor eyesight, poor balance, limited sensation, weakened muscles, etc. It is best for your Prosthetist to check out a new shoe before you wear it to make sure it is appropriate.

Kabaha - Ha kala duwan height ee ciribta ee kabaha aad ka height ah oo aad rakibay , this carqaladeeyo kartaa in lays ee sanaaci ah . Kabaha waa in lagu hayaa dayactir wanaagsan , gaar ahaan u gaddoomaysaan Cidhibtiinii ah . Kabaha laga yaabaa in wax laga beddelo ilaa iyo inta ay calaalaha cagahoodu waxay leeyihiin ciribta isla inay faraqa suulka . Isticmaalka kabaha in uu yahay mid aad guri ama aad u dheer ka dhigi kartaa shaqo sanaaci aad si ka duwan . Tani waxay keeni kartaa in ay ku dhacaan haddii aad hortooda masaakiinta , dheelitirka saboolka ah , dareen xadidan , muruqyada wiiqay , iwm Waxaa ugu fiican in aad Prosthetist si aad u hubiso soo baxay kabaha cusub waxaa ka hor xidhaan si ay u hubiso in ay tahay haboon sameeyaan .

Water – In general, it is best not to get your prosthesis wet. Always check with your Prosthetist before using your prosthesis in or around water. For most prostheses, water will not damage the device, but it can cause the components to break down faster and corrode. If your prosthesis does get wet, be sure to use a towel and dry it off as much as possible, then leave it off in a well-ventilated area so it can air dry completely. If your prosthesis is exposed to salt-water, pools, or other “dirty” water, be sure to flush it completely with fresh water as soon as possible before drying it. This will help to prevent corrosion as much as possible. You may need to remove the foot shell and spectra sock off of the prosthetic foot to clean and dry it completely. NEVER GET ELECTRIC COMPONENTS WET. If you are concerned or you believe the prosthesis has had water damage contact your Prosthetist.

Biyaha - Guud ahaan , waxaa wanaagsan in aan helno sanaaci qoyan . Had iyo jeer la tasho Prosthetist ka hor adiga oo isticmaaleya isticmaale sanaaci gudaha ama agagaarka biyaha . Waayo lugood ugu , biyo ma yeeli doonto qalabka , laakiin waxa ay keeni kartaa qaybaha inay si degdeg ah u jejebin oo Burburiyaan . Haddii aanu sanaaci heli qoyan , hubi inaad u isticmaal shukumaan iyo u qalalaan off sida ugu badan ee suurtoogalka ah , ka dibna waxa aan iska dayno in meel fiican u - hawo sidaa daraadeed waxa uu hawada si buuxda u qalajin karaa . Haddii sanaaci la kulmin cusbo - biyaha , barkadaha , ama biyo kale " wasakh ah " , hubi inaad si buuxda turin sida ugu dhakhsaha badan ee suurtoogalka ah biyo cusub ka hor inta qalajinta . Tani waxay kaa caawin doonaa si looga hortago in ragaasi sida ugu badan ee suurtoogalka ah . Waxaa laga yaabaa inaad u baahan tahay in meesha laga saaro qolof cagta iyo sharaabad spectra off of cagta

bedalay si aad u nadiifiso oo si buuxda u qalalaan . MARNA HELI korontada QAYBAHA qoyan. Haddii aad ka welwelsan tahay ama aad aaminsan tahay sanaaci ah ayaa dhaawac biyo la xiriir Prosthetist .

Dirt/Sand – Dirt and sand can be difficult to clean – especially from the foot shell. Turning the prosthesis upside down and knocking the debris out of the foot shell is easy to do at home. If you still notice a grinding or squeaking sound, it will be best to remove the foot shell and spectra sock for a full cleaning. Schedule an appointment and we can clean it for you, or walk you through the process so you can do it on your own. Your prosthetic foot should be inspected by your Prosthetist regularly.

Ciid / Sand - Ciid iyo ciid noqon kartaa wax adag in la nadiifiyo - gaar ahaan qolof cagta . Turning sanaaci rogay iyo garaaca burburka ka soo qolof cagtu waa ay fududahay in la sameeyo guriga . Haddii aad weli aragto shiidi ama xooga dhawaaq , waxa ay noqon doontaa ugu wanaagsan si loo soo saaro qolof cagta iyo sharaabad spectra nadiifinta buuxda . Ballan waana nadiifin kartaa adiga, ama aad ku socdaan iyada oo loo marayo geedi socodka si aad u samayn kartaa on adiga kuu gaar ah . Your cagta bedalay waa in la joogto ah u kormeera aad Prosthetist .

Do not attempt to repair, adjust, or modify the prosthesis in any way. Contact your Prosthetist with any problems, concerns, or questions.

Ha isku dayin in la dayactiro , qabsato , ama wax ka beddelo sanaaci ah sinaba . La xiriir Prosthetist la wax dhibaato ah , walaac , ama su'aalo .

It is VERY important to keep all follow up appointments made by your Prosthetist. Schedule an appointment with your Prosthetist if any unexpected problems occur. If you are experiencing any pain or discomfort related to the fit of your prosthetic system we encourage you to contact our office immediately.

Waa arrin aad u muhiim ah in dhammaan dabagal ballamaha aad Prosthetist sameeyey . Ballan la Prosthetist haddii wax dhibaato ah lama filaan ah dhacaan . Haddii aad la kulantid wax xanuun ah ama raaxo la xiriira taam ee nidaamka bedalay waxaan kugu dhiiri galinaynaa in ay si deg deg ah la xidhiidh xafiiska .

A prosthesis is a specialized mechanical device and as such requires regular maintenance and care. If there is any unusual sign (visible, audible, or functional) it should be inspected by a Prosthetist as soon as possible. You should inspect your prosthesis daily for any unusual wear, rough areas, cracks, tears, or other damage. These may be a sign of excessive wear or may indicate potential failure of the device, causing an unsafe situation. If any problems are noted, you should contact our office immediately and stop using the device if you feel there is any chance it is unsafe.

sanaaci A waa qalab gaar ah si farsamaysan iyo sida u baahan dayactirka iyo daryeelka joogtada ah . Haddii jiro mid calaamad aan caadi ahayn (muuqda , la maqli karo , ama functional) waa in la kormeera Prosthetist ah sida ugu dhakhsaha badan ee suurtoogalka ah . Waa in aad kormeerto oo aad sanaaci maalin duqoobin kasta oo aan caadi ahayn , meelaha xunxunna , dildilaac , ilmada , ama waxyeelo kale . Waxaa laga yaabaa in ay calaamad u ah xirashada badan ama waxay muujin kartaa failure iman kara qalabka , taasoo keenta iyo xaaladda ammaan ahayn . Haddii wax dhibaato ah waxaa lagu xusay , waa inaad la xiriirtaa xafiiska si deg deg ah iyo joojin la isticmaalayo qalabka haddii aad dareensan tahay waxaa jirta fursad kasta oo ay tahay ammaan ahayn .

Signature

Date