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## **INSTRUCTIONS FOR USE**

### **Liners**

#### **WHAT IS A LINER**

The gel liner acts as a barrier to cushion and protect your limb from the forces within the socket. It also often incorporates the suspension method to keep your prosthesis attached to your limb. Some liners may have a pin attached to the bottom to lock into your prosthesis if you have pin lock suspension.

#### **DONNING/PUTTING ON YOUR LINER**

1. Turn your liner inside out with the gel on the outside. Make sure the liner is clean and dry with no dirt or debris that may irritate the skin.
2. Roll the liner inside out until the gel at the bottom of the liner is nearly flat and can be placed directly on the bottom of your limb.
3. Making sure there is no air trapped between the bottom of the liner and the bottom of your limb, ROLL the liner up your limb. Do not pull the liner up or tug at the liner. Be careful not to tear the gel with your fingernails or jewelry.
4. If you have a pin at the bottom of your liner, the pin should be in line with your limb.

#### **DOFFING/TAKING OFF YOUR LINER**

1. Roll the liner back down your leg over itself, taking care not to tear or damage the gel with your fingernails or jewelry, until it comes off your leg.
2. Turn your liner right side out again so that the fabric is on the outside and the gel is on the inside.

3. Always store your liner with the gel on the inside and the fabric on the outside to prevent dirt and debris from sticking on the gel and to prevent the liner from deforming.

### WEAR SCHEDULE

1. Only wear your liner when you will be wearing your prosthesis. Your liner wear schedule will be the same wear schedule as given to you for your prosthesis.
2. DO NOT sleep in your liner. This can result in severe skin issues and infections of your limb.

### WASHING YOUR LINER

1. Turn the liner inside out with the gel facing out.
2. Using your hand, wash the gel with mild, anti-bacterial soap and warm water. Do not scrub the gel with a brush, rough cloths, or your fingernails.
3. Rinse. Rinse. Rinse. Any soap suds left in the gel can cause skin irritation.
4. Turn the liner back so that the fabric is on the outside.
5. Hang the liner on the end of broom handle or something similar to allow to air dry overnight.