

# **PROTOCOL: For the APOPPS® FLO-TECH-TOR™ Socket When used as a Post-Operative or Early Fitting Prosthetic Socket**

*A licensed or certified Prosthetist should be consulted throughout the use of all APOPPS® sockets.*

## **PHYSICIANS - SUGGESTED SURGICAL and POST-SURGICAL PROTOCOL:**

- ✓ Elective surgical length is ideal between 5" and 8" as measured from the mid-patella tendon. However, the APOPPS® can be custom made to any size or length and available to your patient in 24 to 48 hours depending upon:
  - time of day when Prosthetist places the order (before noon ideally) and
  - shipping schedules.
- ✓ The cut edges of the tibia should be well rounded, beveled and smooth.
- ✓ The wound (incision) should be cleaned and well sutured.
- ✓ Apply narrow adhesive strips and a non-adherent petrolatum gauze.
- ✓ Apply a thin layer of 4" x 4" gauze.
- ✓ Apply a non-compressive dressing, evenly and not too thick, from the distal end to approximately 2" above the patella. All forms of moderate skin cover (elastic bandages, gel liners, under cast padding) are acceptable with the FLO-TECH-TOR™.
- ✓ Roll the appropriate size sterile post-op fitting sock (or stockinet) up to the proximal edge of the non-compressive dressing.
- ✓ The Prosthetist may continue the application process from this point.

The FLO-TECH-TOR™ may be removed at any time to observe the incision, provide range of motion of the knee, and allow for patient or staff to change bandages or dressings. It should also be removed, routinely, 2 times per day (once in the AM once in the PM). The outer amputation sock should be changed to a clean dry sock. This will allow the outer sock to wick away moisture and other fluids.

## **PROSTHETISTS – SUGGESTED POST-SURGICAL PROTOCOL:**

- ✓ Apply the waist belt with extension aide.
- ✓ Roll the post-op fitting sock (or sterile stockinet) up high enough to fold over the top of the socket and secure it to the extension strap portion of the waist belt (temporarily) or use a non-allergic spray adhesive to secure it to the thigh.
- ✓ Apply a reticulated polyurethane distal end pad.
- ✓ Apply an amputation sock over the reticulated pad, tall (long) enough to fold over the top of the socket.
- ✓ Apply the FLO-TECH-TOR™ (loosely fit) as a deterrent to swelling, injury and potential flexion contractures;  
secure fork strap to the extension strap with minimal upward pressure.
  - The mid-patella strap should be loose enough to slide a finger under the strap when the patient is NOT ambulating.
- ✓ The side(s) may be heated and shaped to the contours of your patient (bulbous distal tissue).
- ✓ The mid-patella tendon strap and two-piece neoprene waist band must be tightened before ambulating and loosened after ambulating.
- ✓ The APOPPS® Universal Frame Outer Socket (UFOS™) should be kept in the Physical Therapist's possession until the Physician has prescribed its use on a regular independent basis.

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## PATIENTS, NURSES, HOME HEALTH & FAMILY HELPERS

### - SUGGESTED POST-SURGICAL PROTOCOL:

#### *\*Daily Hygiene, Range of Motion and Transfer Recommendations:*

- ✓ \*Remove the FLO-TECH-TOR™ socket 2 times per day.
- ✓ \*Remove the outer fitting sock (or stockinet) and the polyurethane distal end pad.
- ✓ Examine (**do not remove**) the innermost post-op fitting sock (or sterile stockinet) for signs of excessive bleeding or drainage
  - ***If excessive blood or drainage is found, contact the Physician immediately!***
  - **If only mild spotting is noted, make a record and proceed.**
  - **Record the size and location of the spotting.**
  - **If the spotting becomes excessive at some later point contact the Physician.**
- ✓ Wash the reticulated distal end pad with an anti-bacterial soap; rinse well, dry the pad by gently compressing it in a towel (DO NOT WRING), reapply the pad and a clean dry outer sock over the pad.
- ✓ Re-apply the FLO-TECH-TOR™ socket.
- ✓ The strap at the mid-patella tendon (just below the knee) should be loose enough to slide a finger under it.
- ✓ When standing the strap and the two-piece neoprene waist band should be tightened.
- ✓ **When in bed or reclined in a chair the mid-patella tendon strap should be loose enough to slide a finger under it.**

**\*THE COMPLETE HYGIENE PROCESS SHOULD TAKE NO LONGER THAN 20 MINUTES EACH TIME.**

## PHYSICAL THERAPISTS - SUGGESTED POST-SURGICAL PROTOCOL:

### *Daily Use, Rehabilitation and Training:*

- ✓ Weight bearing **MUST** be authorized by a Physician.
- ✓ Patients may begin early contact weight bearing upon receipt of the FLO-TECH-TOR™ either on a tilt table, or by standing on a pillow with a chair supporting the distal socket.
- ✓ Patients should be encouraged to begin monitored use of the FLO-TECH-TOR™ in conjunction with the UFOS™ as soon as they are able (usually 24-hours to 7-days post-op).
- ✓ The extension strap is detached from the FLO-TECH-TOR™ fork strap and secured to the UFOS™ fork strap.
- ✓ When the time is right, patients should be encouraged to keep possession of the UFOS™.
- ✓ Training, prior to and after receiving the UFOS™ **MUST** stress: caution, following strap procedure, transfer skills, form (posture and balance), navigating obstacles and being aware of and reporting fitting problems as they develop.
- ✓ The patient should return to his/her licensed or certified Prosthetist as often as appointments are scheduled.
- ✓ The Prosthetist, with a Doctor's prescription, will provide a VCSPS™ (Variable Control Supra Patella Socket [a pre-fabricated preparatory prosthesis]) to be used with the same UFOS™, when the patient is ready for knee flexion and full weight bearing.

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