

PROTOCOL: For the APOPPS® VCSPS™ (Variable Control Supra Patellar Socket)

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

PROSTHETIST:

- ✓ The VCSPS™ (Variable Control Supra Patella Socket) should be worn with the same UFOS™ (Universal Frame Outer Socket) the patient used with the FLO-TECH-TOR™ socket during the rehabilitation phase of treatment and be provided with a Physician's prescription.
- ✓ The amputation must be healthy and ready for full weight bearing. The Prosthetist will insert a firmer distal end pad, if needed, before the patient begins full weight bearing.
- ✓ Apply the VCSPS™ very snug. This will not only reduce edema and swelling of the residuum, but will provide a better weight-bearing fit. To reduce the distal AP, wrap the distal VCSPS™ strap around the outside anterior portion of the UFOS™ and tighten to the desired dimension.
- ✓ The Prosthetist will examine the patient, with the VCSPS™, the UFOS™, foot and pylon of your choice, and provide any adjustments required to insure a stable walking alignment.
- ✓ The supra patellar or supra condylar area may be molded or trimmed to a SCSP socket or even a PTB type socket.
- ✓ Suspension may be altered to accept a suspension sleeve, with a Doctor's prescription.
- ✓ The Prosthetist and the patient should continue to consult with the Physician and the Physical Therapist as the patient progresses toward the time when he/she is ready for a definitive prosthesis.

PHYSICAL THERAPIST:

- ✓ Training MUST stress: weight bearing to the prescribed level, caution, form (posture and balance), navigating obstacles, and being aware of and reporting fitting problems (if they develop) to the Prosthetist and the Physician.
- ✓ Training should continue as long as the patient is making progress – physically and/or socially.
- ✓ Patients should be encouraged to **wear the prosthesis as many hours per day as possible** (even if they are not using it for walking), and to elevate the leg every time the prosthesis is removed for more than 10 minutes.
- ✓ The patient should be as independent as possible, and should return to his/her Prosthetist and Physician as often as appointments are scheduled.

**Daily Hygiene Recommendations:*

PATIENT, NURSES, HOME HEALTH AND FAMILY HELPERS:

- ✓ Remove the VCSPS™, the UFOS™ and all amputation socks and examine the skin thoroughly at least two times per day. Use a mirror if necessary to see all areas of the amputated limb.
- ✓ **If blisters or broken skin are found, contact the Physician immediately.**
- ✓ **If redness is found, gently massage and apply rubbing alcohol to the area during the day and lanolin/aloe based lotion at night (with your Physician's approval).**
- ✓ Wash the socket regularly with an anti-bacterial soap on a sudsy washcloth; rinse with a damp cloth and hand dry.
- ✓ The patient should re-apply the appropriate size and ply of amputation socks, long (tall) enough to extend above the top of the VCSPS™ and *re-apply the VCSPS™ and UFOS™ as soon as possible.

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

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