

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**

